

EXPERIENCE JAPAN IN NEW YORK CITY

CHOPSTICKS NY®

JAN 2013

#69

FREE

New Year Triple Feature

JAPANESE HOME COOKING

Winter Gourmet
Karaoke



SPECIAL REPORT

Remembering Kanzaburo Nakamura

www.chopsticksny.com

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Cover
Ame Natsu
newcomer artist card

The theme for the several this month issue is "Japanese Seasoning & Home Cooking". So, first and foremost, let's check out the featured section from page 6!

Founder/Publisher

Shinichi Gotoh

Editor in Chief

Naoko Kameoka

Writer

Naoko Kameoka

Shiori Kameoka

Maya Kameoka

Musashi Kameoka

Shiori Kameoka

Waka Kameoka

Photo Editor

Shiori Kameoka

Art Director

Shiori Kameoka

Sales & Accounts

Shiori Kameoka

Maya Kameoka

Shiori Kameoka

Administrative Assistant

Shiori Kameoka

Executive Producer

Shiori Kameoka

Published by Teardrop NY LLC
411 Lafayette St. 3rd Fl.
New York, NY 10003-2502
TEL: 212-431-8876
FAX: 212-431-8880
www.teardropny.com
For Advertising Info:
TEL: 212-431-8876
E-mail: info@teardropny.com
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PEOPLE

02 REMEMBERING KANZABURO NAKAMURA

On December 5, Japan lost an important cultural figure. The 91th Kanzaburo Nakamura died at 97. The internationally renowned kabuki actor was instrumental in redefining kabuki, a traditional Japanese form of theater.

WHAT'S NEW

- SHOP
- BOOK
- PRODUCT
- BEAUTY

- 04 **Grab and Go at New Japanese Grocery Store in Midtown West**
- Tales by the Master of the Modern Japanese Short Story**
- Maximizing the Beauty of Japanese Hecke and Western Knives**
- Pamper Specialty Salon That's Kind To Mea**

TRAVEL

57 Battleship Island: The Island that Pushed Japan Forward

Between the world's iconic Japan's Bond jumping off the cliff and slipping into the shiny fancy car, peek into a small island where the young ladies are, and that should be your next destination in Japan.



LIFESTYLE

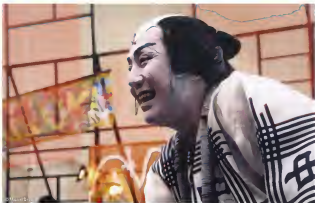
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Remembering Kanzaburo Nakamura



100



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(Above) After an emergency performance, Kershaw's a halfed the stage. In an accident, he was not able to see the audience, listening to the band and continued playing. LARRY CARO/NY 2004

[left] Kashiwa during cherry-bloss. in costume and parading through a city stage festival (just the crest of the Nakamura no bridge, which is draped as a *yatai* here). Asaya Fuku no Hibi, *London Courier*, NYC, 1882

(Pugot) Katsuhisa in the play *A House of Shikamori* has just cut a horse in two with his sword and is now looking over it. Shiro Tsumoto, 2008.



All things new from stores, products, services to events

SHOP

Grab and Go at New Japanese Grocery Store in Midtown West

Homemade food items.

"We plan to offer more deli items than we do at the Midtown East location," says Mr. Shinya Gansho, president of the Gansho group. Considering the highly commercial, office-dense nature of Midtown West, serving grab-and-go lunches and snacks makes a lot of sense. Daily items include prepackaged sushi, bento boxes, donburi, and saba doria that are unavailable at Whole Foods. The sushi and makizushi section is particular, has an array of options, making it hard for sushi lovers to resist. Densho also listens to its customers enthusiastically and responds to their requests. A package of umi buri (whitefish) is easily enough for five pieces of sushi is one such item. The store's offerings don't end there. The Japanese sweets and snacks department also have a big selection, including Hi-Chew and Pocky. Vegetables from well-known Suzuki Farms are available in the fruit and vegetable section. The store carries Awen seasonings as well.

Densho's promotions are what make customers come back. Every day there are sale items in the front of the store. On Saturdays and Sundays, Densho offers 40% off all frozen foods.

Densho Midtown West

38 W 58th St. (bet. 5th & 6th Ave.) New York, NY 10019 | Tel. 212/362-0521 | www.densho.com

Midtown West has long been a dead spot when it comes to Japanese grocery stores, but finally locals and those who work in the neighborhood can enjoy hassle-free Japanese grocery shopping. Having opened a new location on 58th Street between Fifth and Sixth Avenues this past November, Densho offers more than 3,000 Japanese grocery items: snacks, fresh produce, and



Yellowfin, mostly packaged, and filled with Japanese sweets and snacks on some of the best-selling items at Densho.



With a huge selection, Densho's homemade sushi and makizushi come in a lot of varieties, making it hard to decide what to choose.

Over 3,000 items are readily purchased, waiting to be chosen. Until the end of January, customers who present the coupon from the ad on page 76 will receive 10% off everything (per coupon). Some items excluded.

BOOK

Tales by the Master of the Modern Japanese Short Story

It's well known in Japan that Akito Kurosawa's cinematic masterpiece, *Rashomon*, is based on two short stories, mostly in a *Gion* and primarily *Rashomon*, written by Ryunosuke Akutagawa (1892–1927), the pioneer of the modern Japanese short story. *3-Storey Bait* by Ryunosuke Akutagawa (One Peace Books), includes some of his early works—*Rashomon*, *A Christian Death*, and *Agatsuma*—as well as a *Gion* as a bonus—and offers a fresh look at Japanese literature for Western readers. Akutagawa is most praised for his clear-cut, plain writing style, but at the same time, his stories have a unique way of presenting his pessimistic view of society. Susan Anderson's translation makes these culture-infused stories not-in-recent-times accessible to Western readers of today.

Info: www.onepeacebooks.com



Rashomon (1950) Akutagawa's serene garden has been well known as the last of *Rashomon*, a tale through the eyes of a man looking at a woman's story. *Rashomon* is a dark meditation on the meaning of a fallen world, with a thought-provoking ending.

A Christian Death (1910) An orphan boy's mother is a Christian, and he is a Christian. Japan is a land of a man's name, a name given by the Christian. The story is a shocking and poignant conclusion.

Agatsuma (1911) At a black market in a *Gion*, a *Gion* girl makes a deal with a man for a fallen girl. *Agatsuma* is a story about a man's love for a woman, a woman who has been wronged. There has been interest in a dark, gritty story in the city.

In a Gion (1911) A man has died in a land of men. *In a Gion* is a story about a man's love for a woman, a woman who has been wronged. There has been interest in a dark, gritty story in the city.

PRODUCT
**Maximizing
 the Beauty of
 Japanese
 Hocho and
 Western Knives**

needs of non-Japanese professionals

Recently introduced to the U.S. market are three knives from the Suezuka series that were carefully crafted and maximize the beauty of both Japanese and Western knives. The Grand Chef/Gentle Hocho has a single-edge structure and a traditional yanagiba style shape (a type of sashimi knife) made with hard Swedish steel. It's not only great for cutting seafood, but also suitable for vegetables and meat. On the other hand, the Sakai Takayuki 17 Layer Damascus MS 70 replicates the yanagiba shape while maintaining a Western style, and it's double edged with the blade completely wrapped by the handle. The Sakai Takayuki Suezuka Saeed Style Yanagiba, made by master knife craftsman, Itano Sei, is the most prestigious model among the three, using a single-edge structure and blue steel.

Simply cutting into ingredients actually affects their flavors, so the knives of the Suezuka series are a perfect introduction for chefs who are new to Japanese knives but are passionate about cooking tasty dishes.



Left:
 Grand Chef/Gentle Hocho
 with single-edge Japanese
 style handle and Swedish
 steel

Middle:
 Sakai Takayuki 17 Layer
 Damascus MS 70 with double-
 edged Western-style handle
 and 17 layer Damascus

Right:
 Sakai Takayuki Saeed Style
 Yanagiba with single-
 edged Japanese style handle
 and blue steel

Info: Asahi Homono
www.asahi-homono.jp

U.S. exclusive distributor: True World Foods
 Tel: 800-351-5295 (x102) www.trueworldfoods.com

BEAUTY

**Pperm
 Specialty
 Salon That's
 Kind To Men**

At hair salons in this fashion savvy, multi-cultural city, hair stylists must have skills to deal with various types of hair and special techniques at the same time. T-Garden, a new salon in Midtown East run by owner Tatsuya Ikemura and director, Takashi Shioda meets these criteria and has much to offer.

For starters, both gentlemen have been in the business a while and are versatile with their styles, able to take on any challenge. But the main thing to remember is, both gentlemen operating T-Garden are perm experts. Straight Perm and Digital Perm respectively. So if you have need for a perm, this is the place to go. Digital perms have become better than ever in Japan today and the salon brings the latest technologies from Japan to their shop in NY. "We recommend Digital Perm-ing to anyone with very straight hair or if hair is lacking in softness and movement," explains Tatsuya.

Like the salons you find in Japan, this one is all about service, and every customer that walks in for a cut or any kind of service receives a scalp massage with a special nursing female. While the massage improves circulation and firms the skin on the face, this is a great treatment especially for guys because the massage is known to prevent hair loss.

Speaking of guys, both Tatsuya and Takashi are dedicated to making a comfortable, casual yet stylish space for everyone to enjoy, especially men. "We want to keep this place accessible to guys so they do not feel intimidated to walk in," explains Tatsuya. The salon is even equipped with shirts for customers to use while waiting. But whereas you're in and whatever your needs may be, the mighty duo is extremely welcoming, understanding, and flexible, so sit down, and let T-Garden pamper you.



Another terrific thing about the salon is the location. Being right across the Fifth Avenue bridge, it is easily accessible to fashion and creative people who work in the area.

Styler Tatsuya is kind at a moment: running hair with liquid and a strong look for men than can work for both business and playful.

T-Garden
 333 E 58th St. (bet. 1st & 2nd Aves.) New York, NY 10022 | www.t-garden.com



Japanese Home Cooking

06 Japanese Seasoning x Home Cooking

From authentic Japanese dishes to Western dishes with a Japanese twist, 10 recipes using Japanese seasonings are introduced here

10 Inseparable Bond Between “Umami” and Japanese Cuisine

We will unfold how “umami” has played an important role in Japanese food culture.

- 19 Let's Eat the Season: Mizore Nabe
- 21 The KURAMOTO: Nishiyoshida Syuzou
- 22 Grocery & Sake Guide



Baked Okonomiyaki



[Ingredients] (Makes 12 small okonomiyaki pan-cakes)

- 3 oz. Otsuka Okonomiyaki Flour
- 4.5 oz. water
- 2 eggs, beaten
- 2 oz. cabbage
- 12 slices bean or pork
- Your favorite toppings, such as corn, cheese, shrimp, bean and avocado
- 1 oz. Otsuka Okonomi Sauce

[Directions]

1. Mix okonomiyaki flour and water in a bowl
2. Add shredded cabbage and the 2 beaten eggs and mix well
3. Place your favorite toppings in the bottom of a shallow muffin pan and cover with okonomiyaki batter with cabbage mixed in
4. Preheat oven to 430°F and bake the okonomiyaki for 12 minutes
5. Take okonomiyaki out of the pan and flip upside down
6. Put Otsuka Okonomi sauce on top of the baked okonomiyaki and serve.

Point

Okonomiyaki pan-cakes are usually pan-fried, but this recipe allows you to bake okonomiyaki easily. You can add any kind of toppings like cheese, corn, shrimp, bean, and avocado just like when you make pan-fried okonomiyaki. So be creative and make your own version.

Otsuka Okonomiyaki Flour (Left)
Is a powder specially made to allow you to make delicious okonomiyaki with the greatest of ease. The flavor of umami-rich (savory) stock is emphasized through a blend of two types of bonito dashi.

Otsuka Okonomi Sauce (Right)
With a blend of about 20 different foodstuffs and a wealth of herbs and vegetables, this versatile sauce is characterized by a mellow, sweet and rich flavor which is created from carefully sourced dimes.

www.otsukafoods.com



Gomoku Gohan (Japanese Pilaf)



Ingredients (Serves 4)

- 2 cups rice (washed and drained)
- 1/2 piece chicken thigh
- 1/4 piece bamboo shoot □ 1/8 carrot
- 2 shiitake mushrooms
- 1 shoyu (deep fried fish)
- 6 tbsp Kikkoman Hot Tofu □ Water to dilute

Directions

1. Cut chicken into bite size pieces.
2. Slice bamboo shoot and shiitake mushrooms. Shred carrot and cut shoyu in half width then shred.
3. Put rice and Kikkoman Hot Tofu in a rice cooker, and fill with water until it reaches up to 3 cups on the inner scale of the pot. If you use a regular pot or pan, first mix Kikkoman Hot Tofu and water measured 1:2, lower the volume of the rice. Put rice in the pot or pan and then add Hot Tofu/water mixture.
4. Add toppings from Step 2 to the rice cooker (pot or pan), mix and turn on the heat.

*If you are new to cooking, please start with a little. If you are an expert, you can start with high heat and it is brought to a low heat to finish. It will be a little bit of a challenge for the sake of those, and take a little time and practice for yourself at first.

5. Once the rice is cooked, mix well and serve.

Point

You can replace bamboo shoot with ginsu (burdock root). Ginsu goes on earthy and hearty taste to the pilaf. Use shoyu cutting technique (chopping this shoyu by cutting ginsu like chopping a leaf) to maximize the texture and flavor of ginsu.

Kikkoman Hot Tofu

Kikkoman Hot Tofu is a popular glass soup in some parts for use in Japanese dipping sauce, broth for noodles and dipping sauce for noodles. Made from Kikkoman soy sauce blended with two types of kombu (kombu flakes) and kelp to add umami flavor. Add just hot-baked miso paste sauce from sweetened bean paste.

www.kikkoman.com



Grilled Chicken and Vegetables with Shio Koji



Ingredients (Serves 4)

- 2 chicken thighs □ 2 potatoes □ 1 carrot
- 1 onion □ 1/4 broccol head □ 1 carrot
- 2 tbsp Dashi Tensori Shio Koji* for marinating meat □ 1 tbsp Dashi Tensori Shio Koji* for seasoning vegetables
- 1 tbsp Dashi Sake for seasoning vegetables

*Dashi Tensori Shio Koji should be made in advance. Add 1 oz water to the dashi (dashi stock) and mix it in a bowl with shio Koji for 10 days, using a plastic knife. The Dashi Tensori stock will be too salty to eat.

Directions

1. Marinate chicken with Dashi Tensori Shio Koji.
2. Cut vegetables into bite-sized pieces.
3. Sprinkle Dashi Tensori Shio Koji and mix mixture on vegetables.
4. Place vegetables on a microwave-safe plate, cover with plastic wrap, and heat for 3 minutes.
5. Grill chicken and the vegetables in 350°F oven for 20 minutes.
6. When chicken is done, cut it into bite-sized pieces.
7. Serve grilled chicken with vegetables.

Point

Dashi Tensori Shio Koji puts out the Umami from the chicken and vegetables and a natural sweetness while it softens them. The slow-grilled chicken and vegetables are tasty as they are, but it is also recommended to enjoy the dish with "sando pepper" and sweet chili sauce. *Available in Japanese grocery stores.

Dashi Tensori Shio Koji

Dashi Tensori Shio Koji contains a high quality dried rice koji and natural sea salt, both of which are carefully selected by experienced sake brewer, Dashi Sake. Shio Koji not only enhances the umami of ingredients, softens the meat and breaks down the fat, but also creates the aroma of delicious miso soup.

www.kikkoman.com/dashi (Japanese only)



Healthy GreenNoodle Salad



Ingredients (Serves 2-3)

- 1 package GreenNoodle (contains 2 products)
- 1 lettuce leaves
- 1/2 cucumber
- 1/2 carrot
- 1 green onion
- Parsley to garnish
- 1/2 orange
- 1/2 cup salad dressing (sesame)

Directions

1. Cut lettuce into 2-inch squares.
2. Shred cucumber and carrot.
3. Cut scallion into 1/2 inch long pieces.
4. Slice mango.
5. Mix cucumber, carrot, scallion and mango in a bowl.
6. Cook noodles in boiled water for 3 min (just more than 3 min), and drain, then rinse with cold water and drain well.
7. Place lettuce on a flat plate, put noodles on top and arrange mixed vegetables and mango over it.
8. Pour sesame dressing over and garnish with parsley.

Point

The mix will give healthy you the stick at full, tomato and avocado to this salad. Adding some nuts in step 5 gives crunchiness and makes it a Southwest Asian flavor. You also can play with dressing.

GreenNoodle (Flavor)

GreenNoodle is a dried noodle that contains super vegetable ingredients. The natural-sweet-tasting vegetable contains twice the amount of fiber than spinach and pumpkin, 1.5 times more beta-carotene than sweet red 5 times more Calcium than spinach. The Eco Foods International successfully developed the technique to break ingredients into the dried noodles. GreenNoodle comes in 6 flavors with miso soup, vegetable sauce, shoyu soup and hot pot soup.

www.greenoodle.com



Microwave Steamed Spareribs



Ingredients (Serves 4)

- 4 pork spareribs
- 1/2 bottle soy sauce
- 1 tomato
- 2 tbsp soy sauce
- 1 tsp salt
- Black pepper to taste
- 2 tbsp TAKARA Miso
- 1 tsp sake
- All-purpose flour to coat ribs
- 1 tbsp rice vinegar or wine vinegar

Directions

1. Rub salt and pepper on to spareribs.
2. Marinate the ribs in soy sauce, TAKARA Miso, and sake for 10 minutes.
3. Coat the ribs with all-purpose flour. Dust off excess flour.
4. Place cooking sheet on a microwave safe plate and place the ribs in a circle, with the thicker side out, and heat for 18 minutes in a 500-wattage microwave (7 min may vary depending on the wattage).
5. Take the ribs out and cover with rice vinegar or wine vinegar. Serve with lettuce or mixed greens and sliced tomato.

Point

TAKARA Miso effectively removes the unpleasant smell of meat and helps meat absorb moisture more well.

TAKARA Miso

Miso is a fermenting sake that brings many delectable flavors to a variety of foods. Its sweetness, which is derived from rice, is different from that obtained from regular table sugar. Spareribs soaked in sparkling glass, Shiro's all-natural miso adds robustness to the taste and richness of your favorite recipes. The alcohol in miso makes it easier to spread onto ribs to absorb flavors. It also prevents baked foods from drying out and gives a rich, umami-like aroma to meats and fish.

www.kikkoman.com



Miso Curry Ramen with Cheese



Ingredients (Serves 2)

- 1 package (contains 2 sets of ramen noodles and miso soup base) San Noodle Miso Ramen
- 1/2 onion
- 5 frozen mushrooms
- 2-3 links (8 oz.) fresh Italian sausage
- 6 oz. beer sprouts
- 2 blocks of Japanese curry sauce mix
- 25 oz. water
- 1 dove garlic (minced) □ 2 tbsp olive oil
- Any desired amount of cheese for topping (grated or shredded)

Directions

1. Slice onion and frozen mushrooms. Peel the skin off of Italian sausage to break up the meat inside.
2. Heat olive oil in a pan and sauté minced garlic.
3. Once garlic is browned, add onions, mushrooms and broken sausage.
4. Once sausage is cooked, add beer sprouts, water, curry sauce mix and one bag of miso sauce. Remove from heat once the curry sauce dissolves.
5. Add noodles to 12 cups of boiling water (not listed) in a pot, and cook as indicated in the package.
6. Pour just the curry soup from the pot into bowls and add cooked noodles.
7. Arrange the vegetables and sausage on top of the noodle soup and sprinkle with cheese.

Point

Add 1 tablespoon of rice powder or cornstarch in step 2, to get thicker and richer texture.

San Noodle Miso Ramen

Comes in 2 sets of fresh ramen noodles and miso soup. You can enjoy this convenient, restaurant-quality ramen anytime, anywhere. San Noodle Miso Ramen is a perfect choice for those who want to enjoy ramen at home. The Miso Ramen is a perfect choice for those who want to enjoy ramen at home. The Miso Ramen is a perfect choice for those who want to enjoy ramen at home.



www.sannoodle.com/jsp/

Shia Kaji Pickled Cucumber and Radish



Ingredients (Serves 4)

- 2 Persian cucumbers
- 1 turnip
- 1 Italian egg plant
- 3 tbsp Shiro Terakari Shio-Kaji*
- 1 tbsp rice vinegar

*Dashi Terakari Shio Kaji should be made in advance. Add 7 tsp water to the dashi shio kaji packet and age it in a cool well dark place for 10 days, mixing once a day. Soon you'll have your own shio kaji to be used for any recipe.

Directions

1. Cut cucumbers and eggplant into sticks 2 inches in length and half an inch wide.
2. Cut turnip into 8-10 pieces.
3. Put cut vegetables into a preserving plastic bag or tightly sealed bin and coat with Shiro Terakari Shio Kaji.
4. Pour vinegar over it and pickle for one or two days.

Point

Although it is pickled for only one or two days, shio kaji pickled vegetables are full-bodied and rich in flavor. Adding vinegar to the shio kaji multiplies the flavor because both vinegar and shio kaji are fermented products filled with umami.

Dashi Terakari Shio-Kaji

Dashi Terakari Shio-Kaji comes in high quality, fresh size bag and natural sea salt, both of which are carefully selected by experienced sake brewers. Dashi Salt Shio-Kaji not only enhances the umami of ingredients, reducing the meat and breaks down the fat, but also adds the beautiful pickled and sweet taste.



www.dashi-kaji.com/indochina.html (Japanese only)

Simmered Pork Belly



(Ingredients) (Serves 4)
 1 1/2 lbs. pork belly (skin) 1 cup shiro (dry pork)
 1/2 cup splash 1/2 cup Japanese mustard to taste
 (Mix A)
 1/2 lb. or. Kikkoman Kotoh Miso 1/2 cup shiro
 1/2 cup ginger to taste, sliced
 (Mix B)
 1/2 lb. or. Kikkoman Soy Sauce
 1/2 lb. or. Kikkoman Kotoh Miso

(Directions)
 1. Cut pork belly into 1/2 inch pieces.
 2. Put pork belly, Mix A, and enough water to cover (not listed) in a pot, cover them with steam, use a Japanese style drop lid and simmer for 1 hour at medium heat. (Lid covering all the ingredients is very important, so add water as needed while simmering.)
 3. Once it is done, take out pork belly and wash it under running water.
 4. Put pork belly, Mix B, and enough water to cover the ingredients in a pot and simmer covered with a drop lid for 20 min.
 5. Add miso and simmer 3 more min.
 6. Boil spinach, drained cut into 1 inch long pieces.
 7. Arrange simmered pork belly on a plate, top with Kikkoman mustard and serve spinach on the side.

Point
 Mixing Kikkoman Soy Sauce and Kikkoman Miso at 1 to 1 ratio can create a mild and hearty flavor. You can also make a reduction sauce out of the simmering stock and pour it over the pork belly when serving.

Kikkoman Soy Sauce (A)
 All purpose Kikkoman Soy Sauce is naturally brewed from wheat, soy beans, water and salt. Aged for several months to develop its characteristic rich yet mellow flavor and sparkling aroma.

Kikkoman Kotoh Miso (B)
 This sweet cooking miso, which adds an all sweetness and richness to every dish, is brewed from a variety of grains, barley, wheat and soybean beans. It goes to taste and captures the full flavor of ingredients for which they are known.



Torochiri (Cod Nabe Hot Pot)



(Ingredients) (Serves 4)
 4 cod fillets 1 package shimeji
 2 codfish 1/2 package enoki mushrooms
 1 package shimeji mushrooms 1 carrot
 1 lb. or. nappa cabbage 1/2 cup torochiri
 1/2 cup torochiri 1/2 cup torochiri
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 1/2 cup torochiri 1/2 cup torochiri
 1/2 cup torochiri 1/2 cup torochiri

(Directions)
 1. Cut cod fillets and toro into bite size pieces.
 2. Cut shimeji diagonally.
 3. Remove stem of shimeji and cut in cross on top.
 4. Divide a bag of nappa into small, bite size chunks.
 5. Peel carrot, halve it lengthwise and then slice it 1/4 inch thick to make half moon shapes.
 6. Slice the stem part of nappa cabbage. Cut the leaves into bite size pieces.
 7. Put water and toro in a hot pot and bring to a boil.
 8. Add ingredients one by one, starting with ones requiring longer cooking time.
 9. Scoop up and remove layers of steam as it rises to the surface.
 10. Each ingredient is ready to eat once cooked.

Point
 Before finishing the cod hot pot, you can add cooked rice to the leftover stock and your heated egg over to make a rice (rice porridge). You can also add when needed.

Kikkoman Ponzu (A)
 Kikkoman Ponzu (Light)
 This sauce, derived from yuzu and dressing, has been popular in Japan for years. Ponzu can be used right from the bottle as a dipping sauce or as an ingredient in a variety of delicious recipes. Whisked together with a small amount of oil, it becomes a flavorful dressing for Baked Cod, Cold Noodle Salad, Dry steak or to flavor meats such as Teri & Soy Noodle Soup or other seafood dishes like Torochiri.

www.kikkoman.com



Tempura



(Ingredients) (Serves 4)
 1 shrimp with shells 1/2 cup shiro (dry pork)
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 1/2 cup shiro 1/2 cup shiro

(Directions)
 1. Remove shell and shrimp, leaving tails. Make 2 or 3 slits on the belly side to remove water from inside the shrimp tails.
 2. Cut shiro from belly side and open it.
 3. Make eggplant a longhouse and make 1/4 inch thick cut leaving the stem.
 4. Cut shimeji peppers 1/4 inch thick.
 5. Mix Kikkoman tempura flour and cold water to make a batter.
 6. Mix Kikkoman Hontsuyu and water, bring it to a boil and remove from heat.
 7. Coat ingredients with batter and fry in high heat oil.
 8. Serve tempura with warm dipping sauce on the side.

Point
 Dissolve Kikkoman Hontsuyu in water at 1 to 2 ratio for a flavorful dipping sauce. You can serve it with grated daikon radish or more (or) with (grated daikon radish with red pepper) if you like.

Kikkoman Tempura Flour Mix
 Kikkoman Tempura Flour Mix is the secret to better batter. Not just for tempura, it's also a versatile ingredient. From soups and stews, power water is ideal for all kinds of food from appetizers to desserts. It's easy to use too. Just add water to create a rich, smooth batter that gives seafood vegetables and meat a light, crisp coating.

www.kikkoman.com



INSEPARABLE BOND BETWEEN "UMAMI" AND JAPANESE CUISINE

What is Umami?

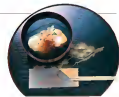
There is no other food culture that features umami as its cuisine more than Japanese. First of all, the term umami is a Japanese word referring to savoriness or tastefulness that cannot be described as sweet, sour, spicy, bitter, salty or astringent. Technically speaking, it's a type of flavor created by components such as glutamate, inosine and guanine. Glutamate is found in kombu (kelp), chazuke and tea, inosine is found in mako (jined: seafood), katsubushi (bonito flakes) as well as meat and fish, and guanine is in hishi shikata (dried shikata mushrooms) and meat. This explains how dashi broth, which is essential for Japanese cuisine, provides so much umami.

The fermentation and aging process increases umami. As is well known, aging beef not only makes the meat

tender but also adds a certain flavor to it. Cheese grows its flavorfulness through being fermented and aged, and bacon meat develops a unique flavor while aging. These flavors, obtained after fermentation and aging are umami. Most of the Japanese staple soups (soups like soy sauce, miso, saki, mirin and su (vin eggs)) are produced through either fermentation, aging or both. This makes Japanese cuisine full of umami.

Bring Umami to Your Kitchen

In each cuisine, there are a couple of ingredients that are essential to produce its characteristic flavor. For example, olive oil and garlic for Mediterranean and sesame oil, garlic, scallion and ginger for Chinese. Such ingredients for Japanese cuisine are seasonings like soy sauce, miso, sake, mirin and su, which are the best sources of umami. Just drizzle soy sauce on your



sauteed dish or pasta and you can enjoy Japanese flavor. Dissolve miso paste into your mayonnaise, and it can be a dip with a Japanese twist. Add soy sauce and sake when you make simmered dishes, and you'll easily get the heartiness of Japanese comfort food. Mix soy sauce, mirin and sugar and add the mix while sauteing meat and fish, and you can make ton-jaki. For refreshment mix vinegar, soy sauce and dashi (broth or water) to dress vegetables. The mixture of miso paste and mirin or soy sauce and mirin can be good marinating sauce for sauteed, poultry, pork and beef. So cooking Japanese food at home and bringing umami to your kitchen are not as hard as you

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think. Just make full use of Japanese seasonings.

Subtle yet Distinctive Umami in Dashi Broth

Although it's not fermented or aged, dashi broth has an abundance of umami flavor coming from its base ingredients such as kombu (kelp), bonito-broth, miso and hoshi-dashi, which concentrates umami acid through the drying process. Its umami flavor might be subtle on your palate, but it's definitely there to pull out the best of other ingredients. Making dashi broth from scratch is not beginner-level cooking, but granulated dashi broth or a dashi bag (like a tea bag) allows you to cook in simple steps. Once you are able to make dashi broth, your cooking repertoire multiplies. You can try soup dishes, robe hot pot and seasonal dishes, as well as exquisite sauces.



ESSENTIAL SEASONINGS FOR JAPANESE CUISINE

Soy sauce: Made by brewing soybeans, water, wheat, salt and soy mold, soy sauce is one of the most important seasonings in Japanese cuisine. Not only used as cooking sauce but also as dipping sauce and as a key ingredient in other sauce mixes. There are a variety of soy sauces available such as ones with low sodium, heavy or light flavor and mixed with dashi broth.



It's often used for boiled dishes, as well as for reducing the smell of fish and meat during preparation. You can use both regular salt and cooking sake for food preparation, but you would not want to drink the cooking sake because it contains salt, vinegar and some other additional ingredients.

Sake: Although there are a variety of sakegars that have different base ingredients, the one most commonly used in Japan is rice vinegar. Since rice vinegar has a clean taste that doesn't overpower other ingredients, it's often used for making seasonal dressings. Also when you make sushi, rice you need sushi vinegar which is made from rice vinegar and sugar.

Mirin: Like cooking sake, mirin is made from rice and is used for adding mild and sweet flavors to dishes. Yellowish and syrupy, mirin contains 40-50% sugar and about 15% alcohol. It is also used to obtain a pleasant effect, such as in tempura, as well as mixed into dipping sauces and marinades.



Miso: Made of soybeans, kelp and salt, miso paste is the essential ingredient for miso soup. Its flavors and colors are different depending on its base ingredients for the kelp (kelp, kombu) and the length of aging period. Today, miso mixed with dashi broth (brewing is widely used because it allows you to make miso soup without making dashi broth by yourself). Other forms like granulated (hearts-shaped) and small packs for single use are becoming popular.

Sake: Japanese drink sake but use it for cooking as well. Made from rice, water and rice koji, sake is used to give mild flavor and a touch of sweetness to dishes.

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OTHER KEY SEASONINGS AND SPICES THAT ADD A JAPANESE KICK TO YOUR DISHES



Ponzu: Made with citrus such as yuzu, sudachi, daidai or kabosu, combined with soy sauce, dashi broth and mizu, ponzu is a type of sauce that can be conveniently served with any kind of dish, whether seafood, fried, baked or fresh. Blended with refreshing citrus flavor and umami, it is a seasoning that every household in Japan has in stock.

Wasabi: Famous among sushi lovers as a condiment for fresh seafood, wasabi produces a strong, pungent aroma that rises up your nose. Often compared to horseradish, wasabi has a much stronger and sharper flavor. Freshly grated wasabi is the most flavorful, but it's more of a delicacy. Wasabi paste served in tubes and wasabi powder are available for everyday use.

Karashi: This Japanese mustard is much

spicier than ones common in Western cuisine, and it also has a touch of bitterness. As with wasabi, using even a tiny amount really adds a kick to your dish.

Togarashi: Japanese people use red pepper mainly in a coarse, powdered form, and sprinkling it over udon and soba noodles and boiled dishes is a popular way. There are two common types of powdered red pepper products, *utame togarashi* and *shichimi togarashi*. The former is a simple, powdered red pepper that is strong in spiciness, as opposed to the latter which is blended with red pepper and six other spices to give it more complex, yet less spicy flavor. Other forms like whole sliced and crushed red pepper are usually used during preparatory cooking steps.

Yuzu Kosho: This is a unique paste type of condiment that blends yuzu citrus and either red or green pepper. The refreshing aroma

from the yuzu and the pungent spiciness from the pepper make it a perfect condiment for ribs, hot pot, grilled dishes, soup dishes and sashimi.

Shio Koji: Koji is a generic term of *kojima* that grow on grains and promotes fermentation and decomposition: starch and protein. Made with rice koji (koji grows on rice), salt and water, shio koji is a traditional seasoning, which was recently rediscovered because popular and has taken Japan by storm. Shio koji pulls out the umami of ingredients and makes them tender, so it's great for marinating dishes and proteins. Shio koji itself has umami. Just adding it to soup, sauce and dressings also upgrades the flavor of dishes.



Hugely popular in Japan!

300-year old sake brewer Ozeki's "Tezukuri (Homemade) Shio Koji Kit" adds deliciousness.

What is koji?

Koji is what is propagated by microorganisms called *koji-kin* in steamed grains and beans. Japanese traditional seasonings like soy sauce, miso, sake, mirin, etc. are all fermented foods made from koji. The magical seasoning that is made by fermenting the mixture of rice koji and salt is shio koji. By just putting the "Homemade Shio Koji Kit" sold by Ozeki into water and affectionately mixing it once a day for 30 days, you can easily create your own shio koji!

1. Foods become more tasty

Enzymes break down the starch and protein in ingredients, and make the ingredients softer. At the same time, it produces things like "umami taste" and "glutamic acid," preventing sweetness and umami to fade.

3. Supports beauty

Shio koji includes a huge amount of vitamin and amino acids that are essential for immune balance. The various types of amino acids that are produced when shio koji ferments also promote the effect of neutralizing skin (improves) and easing harmful skin with laser.



2. Supports health

Enzymes break down fat and decrease the fatness of ingredients, so it helps to support the body's health. It also helps to support the body's health by increasing the good bacteria in the intestine. It also helps to help with building up immunity and preventing respiratory diseases and allergy symptoms.

Let's cook with "Homemade Shio Koji Kit"



Perfect for use in pickling or grilling meat and fish, for pasta or vegetables and in dressing!

Check out recipes on page 7 & 8 or on Ozeki's homepage!

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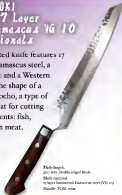
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The Beauty of Cutting Thinly

I really like the knife for cutting sashimi and doing sashimi, which I do pretty much every day become our signature *Served Sashimi*. "Sashimi" is a dish with sliced, thinly sliced sashimi. The reason for cutting things is different from Western style knives due to the long blade of this knife, but it's very well suited for cutting vegetables like really thin onion or shredding cabbage. It's also good for cutting meat. We do a lot of filet mignon here and this knife creates a nice, flat surface. I have also found that because it's made of hard steel, it's easy to maintain.

Karen Larkin Executive Chef, Park Avenue Winter



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The Secret is Kikkoman!

Hassle-Free Japanese Home Cooking

Cooking Japanese cuisine at home may seem too challenging for some. But Kikkoman seasonings remove all your concerns and allow you to make mouthwatering Japanese dishes at home with no fear of failure. To prove how easy it can be, Jessica and Janet—both new to Japanese cooking—try making a three-course meal featuring tomato salad, karaage, and sushi rolls.



Illustrations by Teresita Garcia-Santana

Tamata Salad



Ingredients (Serves 2-3 people)

- 1 beefsteak tomato □ 1 package (10 sheets) shiso leaves (For Dressing)
- 2 tbsp Kikkoman Ponzu Sauce or Kikkoman Lite Ponzu Sauce
- 1 tiny minced shallot □ 1 tbsp canola oil □ Pinch of sugar

Directions

- 1 Slice tomato
- 2 Shred shiso leaves
- 3 Add Kikkoman Ponzu Sauce, minced shallot, and sugar to bowl and mix while drizzling canola oil.
- 4 Arrange sliced tomato on plate and top with shredded shiso leaves
- 5 Pour ponzu dressing as needed. The recipe above makes more than enough, so do not use all of it.



Karaage Fried Chicken with Dipping Sauces



Ingredients (Serves 2-3 people)

- (For Kiriage)
- 2 chicken thighs □ 1 bag Kikkoman Kara-Age Coating Mix
- Canola or vegetable oil to pan-fry

Directions

- 1 Cut each chicken thigh into 6-7 pieces.
- 2 Place Kikkoman Kara-Age Coating Mix in a medium-sized plastic bag
- 3 Put all of the chicken thighs into the bag, seal tightly, and shake to coat chicken.
- 4 Pan-fry in hot oil over medium heat, turning once to brown and crisp on both sides



Kikkoman Kara-Age Coating Mix is already seasoned, so you can drive convenience the chicken as you would with conventional karaage. Instead of broiling and deep-frying the chicken, Kikkoman Kara-Age Coating Mix allows you simply to cook the chicken really tender. You can eat many things with this product!

Dipping Sauce

Sriracha Mayonnaise



Ingredients and Directions

- 1/4 cup mayonnaise
- 1/2-1 tsp Kikkoman Sriracha Hot Chili Sauce

- 1 Mix mayonnaise and Kikkoman Sriracha Hot Chili Sauce in a bowl
- 2 Add more Kikkoman Sriracha Hot Chili Sauce to adjust the spiciness



Ponzu-Daikon Dipping Sauce



Ingredients and Directions

- 2 tbsp grated daikon radish
- 2 tbsp Kikkoman Ponzu Sauce or Kikkoman Lite Ponzu Sauce

- 1 Grate daikon radish
- 2 Mix Kikkoman Ponzu Sauce and daikon radish

Wasabi Sauce



Kikkoman Wasabi Sauce

Kikkoman Wasabi Sauce is creamy, making it easy to use in a dip. It's quite pungent—just a little bit of Wasabi Sauce adds a Japanese flavor and kick to karaage.



Sushi Rolls

Ingredients (Makes 6 rolls)

- 2 cups Japanese white rice □ 6 tbsp Kikkoman Sushi Vinegar
- 3 sheets nori (nori) □ 2/3 cup crabmeat or 8 fish sticks (crabmeat favored fish salad)
- 1/4 cup toasted sesame seeds □ 6 sheets nori
- 3 sheets nori (nori) □ 2 Japanese cucumbers or Persian cucumber, cut into thin strips □ 1 package cooked unagi (eel)
- Kikkoman Unagi Sauce □ Kikkoman Soy Sauce or Kikkoman Ponzu Sauce for dipping

Directions

(Sushi Plate)

- 1 Put freshly cooked rice in a flat, shallow bowl. Mix with a rice paddle or spatula, using gentle cutting and folding motions while fanning rice with a fan.
- 2 When rice is no longer steaming, add sushi vinegar a little at a time while continuing to mix and fan until rice is seasoned to taste.
- 3 When rice is room temperature, cover with a damp paper towel or plastic wrap. Do not refrigerate.



(Unagi Roll)

- 1 Place 1 sheet nori, shiny side down, on a bamboo sushi mat.
- 2 With dampened fingers, place about 1 cup of rice on the nori, gently spreading it with your fingers to cover the nori but leaving about 1/4-inch uncovered at the top.
- 3 Place 2 strips cucumber and 2 strips eel across center of rice.
- 4 Roll up from bottom, using mat to assist. Repeat to make 2 rolls.
- 5 With a sharp knife, cut each roll into 6 pieces, wiping knife with a damp cloth between each cut.
- 6 Arrange sushi, and decorate the plate with Kikkoman Unagi Sauce.

(California Roll)

- 1 Place 1 sheet nori, shiny side up, on a bamboo sushi mat (wax mat or plastic wrap to prevent rice from sticking to it).
- 2 With dampened fingers, place about 1 cup rice on nori, gently spreading it with your fingers to cover the nori.
- 3 Sprinkle rice with 2 tablespoons sesame seeds.
- 4 Turn nori and rice over so that rice is on the bottom.
- 5 Place 2 crab sticks and 2 avocado slices across center of nori.
- 6 Roll up from bottom, using mat to assist. Repeat to make 2 rolls.
- 7 Cut each roll into 6 pieces, and arrange sushi, outside up.

Note: Sushi is traditionally served with soy sauce for dipping. Both ponzu and soy sauce are from types of soybeans such as Kikkoman Ponzu Sauce, Wasabi Sauce and Unagi Sauce.

Comments

Jessica: It's easier than I expected it would be. Sushi is a daunting thing to make, but definitely it was much simpler. Enough is also easy to make. Usually trying something "you-can-do-it" until you don't even have to do it with Kikkoman Kara-Age Coating Mix.

Jessie: Cooking these dishes was very easy. I learned that using Kikkoman products cuts out a lot of steps. The less time to make the better! Today's best dish for me is the Kara-age and ponzu with good delicious dipping sauce—I really like the combination.



Japanese Cooking at Home with kikkoman.

Add these Kikkoman seasonings to your kitchen shelves



Kara-Age COATING MIX

Perfectly seasoned with soy sauce and ginger, Kara-Age coating mix makes the perfect fried chicken, Japanese style! Simply marinate pieces of chicken or fish with water, place in a plastic bag with Kara-Age mix and shake to cover. Pan fry in hot oil for one to two minutes and enjoy!



Seasoned Rice Vinegar

Beeswax Rice Vinegar is versatile and milder than other vinegars. A hint of sweetness comes from its main ingredient, glutinous rice, and the well-balanced acidity is an excellent flavor addition to Asian cuisine and beyond. Use this savory, seasoned rice vinegar in any type of dish everyday.



Ponzu Lime

Something new and exciting for lime lovers. Ponzu Lime makes an excellent marinade for short steak, shrimp (jelly) and any dish that calls for a little zest of both lime.



Wasabi Sauce

Turn up the heat on vegetables & sandwiches with spicy, creamy flavored dips & salad dressing. Put more zing in steaks, burgers, chicken.



Sushi-sauce (Unagi-tare)

A versatile glaze and accompaniment for sushi, grilled foods and more. Its pre-diluted to give foods an attractive sheen and rich, sweet-savory flavor.



Sriracha Hot Chili Sauce

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TRUE WORLD FOODS QUALITY FISH AND BLUE RIBBON PREPARATION PAIR FOR SUCCESS

Having been around for the last two decades, the Blue Ribbon chain of restaurants is well-known to New Yorkers. However, they might be less familiar with the newest addition to the empire, Blue Ribbon Izakaya Sushi which joined the family last April. The creation of this restaurant, whose concept is "luxury izakaya with an at-home feel," was inspired by Blue Ribbon's owners spending time in izakayas during a visit to Japan. They sought to bring this idea back to the States at their restaurant, where Japanese ingredients are employed with American style.

Sushi chef Kaz Imai is supplied by major importer True World Foods (TWF), from whom he receives deliveries 4-5 times a week. Their fish comes directly from famous Japanese markets in Tsukiji and Itoya, as well as local markets depending on the season. Imai appreciates that TWF's scale allows him flexibility regarding his orders. "I might see something on television that looks interesting, and ask them to find it for me. They will search to meet any request, and it is because of our long relationship that I have trust in them to do this. They have resources that smaller distributors lack, but still maintain a personal touch with their weekly visits."

The current season boasts fish such as saho (mackerel), buri (yellowtail) and Japanese kani (crab). Imai says the rarity of kani makes it something his customers always want to try, and he serves it as sashimi to be eaten simply with salt and lime. "Japanese usually serve kani as a grilled dish and rarely as sashimi! But we present it this way, and it is nice and light with a little bit of lime squeezed over it." Another popular dish this season is ike ebi (sea urchin), which comes from Maine. Imai will open each uni as the order comes in, and he suggests that customers eat it with just wasabi and ginger. He explains, "You can try it with soy sauce but this can be overpowering, so if you want to enjoy the uni's sweetness stick to eating it as it is."

The extensive menu has typical izakaya fare such as fried chicken and edamame, as well as American tastes like fried rice and spare ribs. For

those who want sushi but also want to sample some side dishes, Imai recommends ordering the Blue Ribbon Platter as its quantity can be adjusted for the amount of people. Dishes can also be made in full or half orders, allowing you extra room to try one of the multiple daily specials or drink selections. Grab a seat at one of the communal tables or a spot outside if you prefer, and enjoy delicious fish dishes thanks to TWF!



This item sets dish features two different types of salmon: one and the smaller orange one. Both can be enjoyed as is, accompanied only by wasabi and ginger or fish is the best way to experience and is presented portion for two persons.



Blue Ribbon Sushi Izakaya
567 Orchard St.
(just Stanton & E. Houston Sts.)
New York, NY 10032
TEL: 212-465-0434

Imai describes the popular kani (crab) from True World Foods as having "spring." The season is divided (presentation according to the focus of Japanese cuisine) but the eating style is simple. In square of kani as you like and package it into a dish of fish.



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Let's Eat tHe Season

Just like summer barbecues in America, nabe (hot pot) dishes are a winter tradition in Japan. Nabe is an easy and economical way to enjoy food and conversation with friends and family—you just toss your favorite ingredients into the boiling broth of a tabletop hot pot and eat them as they are ready. There are countless varieties of toppings and styles for nabe, although there are a

~Mizore Nabe [Grated Daikon Radish Hot Pot]~

few standard types, such as suikazaki, yama-nabe, mononabe, sukiyaki and shabu-shabu. Here, Masako-san introduces Mizore Nabe, featuring seafood and vegetables. The name "mizore" (which means "frost") comes from the grated daikon radish covering the other ingredients as though it were frost. It's the perfect party dish for winter!

[INGREDIENTS] (3-4 servings)

□ 10-inch-long daikon radish
□ 6-8 cups water □ 6-inch-long dried kombu kelp □ 1 lb. large shrimp □ 1/2 lb. sliced salmon fillet □ Vegetables of your choice (nappa cabbage, spinach, baby bell choy, enoki, etc.)

□ 1 bunch scallions □ Mushrooms (shiitake, maitake, shimeji, enoki, etc.) □ Sauce for salmon preparation □ Ponzu dipping sauce □ Grated ginger for dipping sauce

[DIRECTIONS]

1. In a large pot with a wide opening, add water and kombu and let stand for 30 minutes. Then turn on heat to medium.
2. Grate daikon radish.
3. Peel shrimp and splash some sake to cook the shrimp.
4. Slice salmon fillet into large, bite-sized pieces and sprinkle with sake.
5. Chop all mixed vegetables into large, bite-sized pieces.
6. When the water starts to boil, take out the kombu kelp and add 2/3 of the grated daikon radish.

7. Add some vegetables, shrimp, and salmon.

8. After each ingredient is cooked in the broth, take it out into a small individual bowl and eat with ponzu and grated ginger.

9. Keep adding vegetables, shrimp, salmon, and grated daikon radish as needed.



Mizore Nabe [Grated Daikon Radish Hot Pot]

How to enjoy one more dish from nabe

Putting all the ingredients in your nabe hot pot does not mean that your meal is completed. The flavorful *sansho* from the nabe ingredients makes the leftover dashi broth an excellent starting point for *sauces* or *dashi*. Japanese usually add rice to make *suime* (rice porridge) or *udon* noodle, the perfect and to a hearty meal.



TIP: You can put any other kind of seafood, like squid, whitefish, tofu, and vegetables into the hot pot. Enjoy this easy and versatile dish and don't forget to add some rice or miso at the end.



MASAKO SAMA

Japanese cooking instructor and author. Masako is a native Japanese cooking teacher in Japan, teaching home-style cooking, using seasonal and local ingredients. Website: japanesecooking.com Emailing address: masako@japanesecooking.com








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*Up to 2 items, excludes sales items

TAKARA MIRIN is #1 Selling Brand in Japan

Mirin has been one of the most essential seasonings in Japanese cooking for 400 years. Takara has been making Mirin for 170 years and is known as a #1 trusted brand in Japan.



TAKARA MIRIN Enhances Flavor and Brings Out the Taste of Natural Ingredients

Takara Mirin is a seasoning gourmet sake. It brings out the taste of natural ingredients and adds a pleasant sweetness to a variety of foods. What's more, it tenderizes and helps maintain the natural texture and appearance of meats, fish, and vegetable. Owing to its versatility, today mirin is used widely among many food professionals and in homes for cooking not just Japanese food but a variety of dishes.

All Natural: **TAKARA MIRIN** is made entirely using sake brewed with premium rice from the Sacramento Valley, U.S., and a special Mirin-creating yeast. Its well-balanced sweet-sour blends perfectly with ingredients, enhancing rather than overwhelming their flavors.

Produced and Bottled by CHUO SANGI CO., LTD., Tokyo, California
Distributed by New York Market, Inc.
380 43rd Street, New York, NY 10018
Distribution by Nishi Imports Co., Inc.
212-584-4084

www.takaramirin.com

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Distilling the Essence of the Tsukushi Plain

NISHIYOSHIDA SYUZOU



It's common knowledge that barley shochu is lighter than sweet potato shochu, and that it has less body. Nishiyoshida Syuzou, a 170-year-old shochu distillery in Fukuroda Prefecture, changed this notion by introducing their full flavored, nutty Tsukushi barley shochu series to the U.S. market.

With the belief that making shochu is like making smiles and with the goal of contributing to society by producing *horikaku shochu* (premium shochu), Nishiyoshida has strived to develop new technology while still improving the traditional craftsmanship

since its establishment in 1890. Rooted in the local area of the Tsukushi Plain and using local water and produce, the brewery brings genuine Tsukushi flavor.

4 shochus become available in the U.S. earlier this year, all of which go well with Japanese and Western food due to their flavorfulness. Tsukushi Shiro is the lightest among the four. Shochu made with wheat and black leg is blended with 5-year aged, unprocessed shochu to produce a lot of sweetness with a clean finish. Tsukushi Karu is also made with wheat and black leg blended with

a 5-year aged, unprocessed shochu blend, but it is different in that it employs a traditional atmospheric distilling process, giving it a deeper and richer flavor. *Kinton*, which is currently the most popular among Americans, is made from roasted barley. Nutty, powerful and energetic, this shochu pairs very well with grilled and deep-fried dishes. *ARK Jikunboku* is unfiltered, which requires a high level of skill to produce. Made with barley and black leg in an atmospheric distillation process, this shochu boasts a profound taste.

"Kaju is an important element of Japan's food culture, used in soups, stews and of course shochu. I would like to promote this established kaju culture to the world," says Mr. Motohiko Yoshida, executive director of Nishiyoshida Syuzou. Since single distilled horikaku shochu really retains the flavor of its base ingredients, it goes well with both Japanese and Western cuisine. Also, shochu is low in calories so it is a healthy drink. Offering versatile drinking styles, horikaku shochu such as the Tsukushi series is the drink of today.



Nishiyoshida Syuzou
#17 Ginza, Chikago City, Fukuroda
JAPAN 903-0041
www.nishiyoshida.co.jp/nishiyoshishochu

3 things you should know about NISHIYOSHIDA SYUZOU

Water Is how this shochu Nishiyoshida Syuzou uses the softest water from the pristine waters of the Kurotsune River, a branch of the Chikago River which is the second largest river in Japan. The mineral composition and water quality vary depending on the spring points located in the brewery's lot, and the different types of water makes it easy to control the flavors of the shochu.



Brewery The brewery has focused on shochu making for over 150 years and from the very beginning of the company's long history, they have ardently absorbed and passed on their brewing and fermentation. Currently about 10 brewing specialists strive to produce premium shochu.



Local use The Tsukushi Plain offers an abundance of natural resources, not only water but also the produce that is necessary to distill shochu. Nishiyoshida Syuzou continues their local resources, and makes efforts to develop local products in collaboration with local firms and organizations.



Winter Gourmet

Whether you're craving a hot bowl of ramen or a hearty bowl of soup, we've got you covered. Here are some of the best places to grab a bowl of comfort food in the city.

30 Karaoke Fever Updates

31 Japanese Restaurant Guide
39 Asian Restaurant Guide

canja

WARM AND NOURISHING MENU FOR THE COLD WINTER



RESTAURANT DATA

20 E. 12th St., 8th fl.
Brooklyn 75th Ave. 1
New York, NY 10003
TEL: 646-388-9304
www.canja.com
Mon-Fri: 11:30 am-10 pm
Sat & Sun: 12-4 pm



Open for 11 years in Union Square, **canja** offers authentic Indonesian casual dining. Their newest winter menu is San Dim (chicken) is a piping hot, spicy and healthy dish that warms you up from the inside. Sweet and salty original esch paste made with maso crushed scallions and labayen chili sauce is topped with thick chewy udan noodles in rich maso flavored soup and creates a harmony of flavors in your mouth. With a variety of daily rice bowls, noodles and curvy dishes, **canja** is the perfect spot for everyday lunch or a casual drink.

Ichiban

HANGOUT TEISHOKU LADY



RESTAURANT DATA

401 E. 10th St., 8th fl. (at 1st Ave.)
New York, NY 10003
TEL: 646-388-9304
www.ichibanjapan.com
Sun-Thur: 1 am-Midnight
Fri & Sat: 1 pm-2 am



At **Ichiban**, you can enjoy Japanese comfort food and drinks while listening to reggae in the background. The specialty of this unique *soba/sushi* bar is the first *Wings* is *Yoshiko* Japanese standard set of a miso dip, soup and rice. You must try this best selling *Chicken Kanihon toshiko* (T.O.). Sweet and sour marinated chicken is perfectly cooked and served with miso made tender sauce. *Osaka* is a mix of comfort ingredients served piping hot also warms your body from the inside. Free delivery available in the neighborhood with minimum order of \$10.

Planet Sushi HERE'S DEALS ON SLUSH® AND SAKE



RESTAURANT DATA

300 Amsterdam Ave.
3rd Fl. 10th St.
New York, NY 10023
TEL: 212-213-0193
212-686-1235
www.planetsushibuffet.com
Sun-Thurs: 11 am-4 am
Fri-Sat: 11 am-5 am



Long loved by locals for 15 years on the Upper West Side, **Planet Sushi** offers reasonably priced sushi and a selection of Japanese sake, wine, beer and hard liquor. In addition to freshly prepared nigiri and sushi rolls served from the counter, be sure to try their popular signature **Japanese Ploer** fresh seafood and vegetables on a crispy corn tortilla and topped with sweet-savory chili sauce. Reserve a few glasses of festive wine or house sake when ordering an entree or spending over \$15. During Happy Hour after 11 pm, buy one drink and get another one free.

Sushi Kasuka TASTES OF THE SEASON



FREE draft beer.
Mention Chopsticks NY
Offer valid thru Jan. 31

RESTAURANT DATA

201 W. 12th St. (at
Broadway) 8 West End Ave.)
New York, NY 10023
TEL: 212-438-6450
www.sushikasuka.com
Mon-Sat: 12pm-11pm
Sun: 12pm-10pm



With a motto of "meditation yet innovation," **Sushi Kasuka** serves authentic Japanese cuisine made with fresh ingredients from the market and local harvests. One winter dish you can't miss is **Grocery Kasuka**. Fatty black cod marinated in sake, lemon and soy sauce, topped with fresh vegetables, is served with a side of organic green beans with fresh asparagus. **Grocery Kasuka** is another masterpiece. Marinated in soy sauce and fresh asparagus, beautifully grilled shrimp is served on a bed of organic green beans with fresh asparagus. House-made miso dressing adds a nice touch.

Wassan STATE-OF-THE-ART WAGYU BEEF IN SUKIYAKI



RESTAURANT DATA

180 E. 4th St.
(bet. 1st & 2nd Ave.)
New York, NY 10003
TEL: 212-557-1630
www.wassan-ny.com
Mon-Thurs: 5-10:30 pm
Fri & Sat: 5 pm-1 am
Sun: 5-10:30 pm



Incorporating seasonal essence into their cuisine is **Wassan's** signature. This winter, **Wassan** is introducing **Wagyu Beef Sukiyaki** (\$18) that will warm you up from the inside. Unlike other types of beef, wagyu is unique in the way it's beautifully marbled, which is sweeter with **Chili Sake** and **Grocery Kasuka** special, house-crafted sweetener soup. In the sukiyaki, the hot pot, warm from the wagyu hot sauce throughout the dish, embracing all other ingredients. **Wassan** is served an individual size. Be sure to pair it with exquisite sake selected by sommelier Tada Kazuo.

Pongki Thai Restaurant LONG LOVED, GENUINE THAI FLAVORS



RESTAURANT DATA

344 W. 4th St.
(bet. Broadway & 5th Ave.)
New York, NY 10023
TEL: 212-556-2392
www.pongki.com
Mon-Sun: 11:30 am-11:30 pm



Pongki has served authentic Thai cuisine for over 45 years in New York. Their flavors remain the same and their old-time customers know it. **Pongki** has been known as **Shrimps** noodles in the U.S. This stir-fried noodle dish with herbs and chili paste is so aromatic that it goes so fast with sweet Thai ice cream and Thai beer. **Accompagny** **Shrimp** with rich flavorful dishes. A salad featuring green papaya dressed with lime juice and fish sauce, garlic and fresh pepper is the perfect starter to invade your appetite.

Midtown East Branch Grand Opening

Introducing our Midtown East Branch
with special hot chicken ramen!
A new place to enjoy authentic Japanese food.

Grand Opening Discount
10% OFF on all items
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ramentakumi@hotmail.com

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Ranked **CBS NYC's**
5 Best Inexpensive Bowls of Soup



\$12

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Food Menu

Hot Ten G	\$10.75
Hot Ten Tenkatsu Ramen	\$10.75
Hot Ten Ramen	\$15.50
Hot Ten Ramen	\$17.50
Spending Spicy Ramen	\$12.50

and more

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"NEW MATSUE SWEETS" DEMONSTRATION, TASTING & SALE

Taste Delicious Japanese Sweets from Matsue city

1/18 (FRI) - 1/20 (SAT)

The Matsue region of Shimane Prefecture is renowned as one of the most prestigious producers of wagashi (Japanese traditional sweets). "New Matsue Sweets" are delicious hand-made treats that are low in calories and healthy. In this event, after watching the demonstrations by the craftsmen from Matsue city, you'll be able to taste and purchase wagashi. These beautiful delicacies will bring joy to your heart and stomach!



Demonstration & Sale Locations and Start Times

1/18 (Fri)

Soba Nigami 12pm

Servise Midtown 3pm

1/19 (Sat)

Dando 11am & 3pm

1/20 (Sun)

Katagami 12pm

Soba Nigami
 11am & 3pm

(Sale ends when supplies run out)



Legumes and agar, the most common ingredients of wagashi, are rich in fiber.

Soba Nigami: 39 W 52nd St. NYC (Rt. 5th & 6th Ave) 3212-329-2595
 Servise Midtown: 22 E 43rd St. NYC (Rt. 5th & Madison Ave) 366-363-9280
 Dando: 532 Broadway Ave. Midtown Plaza 914-481-6735
 Katagami: 224 E 57th St. NYC (Rt. 2nd & 3rd Ave) 9212-753-3586

Karaoke Fever Updates

Karaoke is not just an accompaniment for your singing. It is a versatile tool for your entertainment that provides countless songs of enjoyment. Here we introduce the latest karaoke moments and styles from New York and Japan.

From New York

Singing and Dancing Along in a Private Room

Singing karaoke at a bar or a restaurant is still the most common scene in the U.S., but recently the popularity of private karaoke, or *karaoke boxes*, is rising. With rooms accommodating groups of various sizes singing from 2-8 people to 15-20, private karaoke removes your worries about a long waiting list and double-booked songs, as well as the frustration of listening to strangers' singing. You can book a room in accordance with the size of your party, and sing along or even dance along. By looking at the karaoke request chart from Dec. 15-18 (data provided by Karaoke Champ www.karaokechamp.com), you can see that the top 3 songs are

sung/danced along tunes. Leave chibbing behind and enjoy karaoke at your holiday parties, get-togethers or to just release stress.

Karaoke League

If you want to bring your singing talent and performing skills to the next level or to simply enjoy a Dier moment, Karaoke League is what you should try. Team up with other karaoke lovers and join the league to compete. Whether you win or lose is not a big issue, but a prerequisite is the mindset for having fun. (www.recklesskaraoke.com)

From Japan

Hokokara (Singing Alone)

The concept of singing alone is on the opposite side of the spectrum from singing along as a group. It may seem depressing to American karaoke fans, but "hokokara" (singing alone) is a big business in Japan. The motivation for hokokara differs from person to person, but it is mainly for singing practice and

alleviating stress. There are discount services and special rooms for hokokara, and there is also equipment for enjoying hokokara at home.

Being a Voice Actor

Karaoke is not only a singing tool anymore. A new service called "Akusko" (abbreviation for "after recording") allows you to dub your voice while watching scenes from anime programs. You can be the hero or heroine of your favorite anime films with this service.

Online Karaoke Battle

With this service, you can use an avatar to compete remotely with someone in a karaoke room anywhere in Japan. Just choose a song and your opponent, and then you can start the battle. For the video game generation, this will help pump up more adrenaline than just singing in front of a screen.

Karaoke Request Chart (Dec. 15-18)

1. Gunguis (Diva)
2. Don't Stop Believin' (JANET)
3. Call Me (Mayer)
4. All About You (Diana Ross)
5. We Are Family (The Jackson 5)

SING ★ SING

Thank you for your patronage in 2012!

December 28th, 29th, 30th and 31st
January 4th, 5th, 11th and 12th

Bring this ad and we will offer 1 hour all you can drink Kirin Draft with private room use.

*Subject to availability

Sing Sing Karaoke St. Marks
9 ST Marks Pl.
New York, NY 10003
(212) 387 - 7800
ssmarks@karokesingsing.com

Sing Sing Karaoke Ave A
81 Avenue A.
New York, NY 10008
(212) 674 - 0700
avea@karokesingsing.com





Japanese Restaurant Guide

\$\$\$ Average price for welcome items (includes beer or wine)

Sushi bar has 40%

Open for lunch

Dry Clean

Delivery

Family Dining

Kids Menu

Business Dining

Late Hours

Alcohol & Family

Business 2 icon

• Closures available at www.chopsticksny.com
• Checkouts not available to pick up

Upper West

Upper West **Sam Matsu**
Time Name Co. 2nd Columbia Cr.
714-024-0400

Upper West **Don Japanese Restaurant**
201 Broadway St. 3rd Fl.
714-031-0200

Upper West **Sun**
370 Broadway St. 2nd Fl. 10th St.
714-024-4715

Upper West **Flora**
444 Amsterdam Ave. 3rd Fl. 5th St.
714-026-9005

Upper West **Ichibu Restaurant**
209 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper West **Jim Ramen***
211 Broadway St. 3rd Fl.
94-023-9871

Upper West **Misao**
510 Amsterdam Ave. 3rd Fl. 10th St.
714-026-1400

Upper West **Koosha**
660 Amsterdam Ave. 10th St.
714-026-8000

Upper West **Kana Sushi**
381 W. 9th St. Between 8th & 9th St.
714-026-4325

Upper West **Mama Sushi**
219 Columbia St. (Between 8th & 9th St.)
714-026-0020

Upper West **Mama Organic Cafe**
88 Broadway Ave. 3rd Fl. 10th St.
714-021-1110

Upper West **Masa**
Time Name Co. 2nd Columbia Cr.
714-024-0400

Upper West **Matsu**
40 Broadway Ave. 3rd Fl. 10th St.
714-026-4325

Upper West **Momoya Amsterdam**
427 Amsterdam Ave. 3rd Fl. 10th St.
714-026-0020

Upper West **Nod Goro**
81 W. 9th St. Between 8th & 9th St.
714-021-1110

Upper West **Ota**
644 Amsterdam Ave. 3rd Fl. 10th St.
714-026-4325

Upper West **Planet Sushi***
360 Amsterdam Ave. 10th St.
714-021-1110

Upper West **Saku***
Located in a historic Mt. Vernon neighborhood, Saku offers the best sushi and small authentic Japanese restaurants in the neighborhood. Saku is a stylish and relaxing, by the light, recommended atmosphere and service.
121 W 10th St. (at Columbus Ave.)
212-675-1222

Upper West **Saga Grill**
320 Columbus Ave. 3rd Fl. 10th St.
714-021-1110

Upper West **Saga**
209 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper West **Sama Sushi**
364 Amsterdam Ave. 3rd Fl. 10th St.
714-026-4325

Upper West **Sun-Chan***
170 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper West **Sushi A-Ga-Gu**
705 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper West **Sushi House**
88 Amsterdam Ave. 3rd Fl. 10th St.
714-026-4325

Upper West **Sushi Yashiki***
201 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper West **Sushi Ya 2**
209 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper West **Tamaya**
428 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper West **Toucan**
30 Columbus Ave. 3rd Fl. 10th St.
714-026-4325

Upper West **Vino Sushi & Sake**
330 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East

Upper East **Aki Sushi**
145 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **Daigaku**
380 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **East Japanese***
361 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper East **Fuji Yatsu**
144 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **Gino**
301 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **Hiro**
120 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **Hiro New Sushi Bar**
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714-026-4325

Upper East **Ichibu**
301 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **Ikebana**
301 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **IRON Sushi***
361 W 9th St. 1st Fl. Between 8th & 9th St.
714-026-4325

Upper East **Ikebana**
301 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **Ikebana Sushi**
121 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **No Sushi (2nd Ave.)**
101 E 2nd St. 3rd Fl. 10th St.
714-026-4325

Upper East **No Sushi (York Ave.)**
301 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **Nova Sushi***
440 E 1st St. 3rd Fl. 10th St.
714-026-4325

Upper East **Kyoto Sushi**
101 Broadway St. 3rd Fl. 10th St.
714-026-4325

Upper East **Misao**
111 E 2nd St. 3rd Fl. 10th St.
714-026-4325

Upper East **Noriko Sashimi***
440 E 1st St. 3rd Fl. 10th St.
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714-026-4325

Upper East **Tony's Boy***
361 Broadway St. 3rd Fl. 10th St.
714-026-4325

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Upper East **Tony's Boy***
361 Broadway St. 3rd Fl. 10th St.
714-026-4325

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714-026-4325

Upper East **Tony's Boy***
361 Broadway St. 3rd Fl. 10th St.
714-026-4325

Midtown West

Midtown West **Aki's Sushi**
145 E 1st St. 3rd Fl. 10th St.
714-026-4325

Midtown West **Aki's Sushi**
145 E 1st St. 3rd Fl. 10th St.
714-026-4325

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714-026-4325

Midtown West **Aki's Sushi**
145 E 1st St. 3rd Fl. 10th St.
714-026-4325

Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Look Any or PRO-AM \$20
Midtown White 400 W. 42nd St., Sun. 10:00-11:00 A.M. 212.693.1100	KATSUMASS \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Kodomo 45 \$10
Midtown White 400 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Koi \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Kyoto \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Maui-Tai \$10
Midtown White 200 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Mountain Sushi \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Natsumi \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Nobu 51 \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Ocha \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Rin & You \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sake Bar Hot \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sapporo \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Shimizu \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sake Myopia \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sagami \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sushi & Sake \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sushi & Sake 48 \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sushi Zen \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sushibot \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Sushi+Y \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	TABBA \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Tokyo & Kure 51 \$10
Midtown White 300 W. 42nd St., Sat. 10:00-11:00 A.M. 212.693.1100	Tokyo Ramen \$10

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Midtown Food	Kawana Zushi	714 438-1118 (Sat) Midtown & 5th Ave	\$100-150	100%
Midtown Food	Mai Sushi Restaurant	313 4th Ave. Sat 10-5 Mon-Sat 212-492-6515	\$10-20	100%
Midtown Food	MEGA Midtown	381 1st Ave. Sat 4-9 PM Mon-Sat 212-687-0711	\$10-20	100%
Midtown Food	MeatHouse-Ter	313 1st Ave. Sat 10-5 Mon-Sat 212-581-0205	\$10-20	100%
Midtown Food	Pease-Santa	313 104th St. Sat 10-5 Lounge Sat 212-468-7521	\$20-30	100%
Midtown Food	Pappa's	313 1st Ave. Sat 10-5 Lounge Sat 212-759-0229	\$40-50	100%
Midtown Food	Orma's	313 474th St. Sat 10-5 Lounge Sat 212-673-4143	\$10-20	100%
Midtown Food	Qings	313 474th St. Sat 10-5 Lounge Sat 212-719-0440	\$20-30	100%
Midtown Food	Restaurant S&B	248 1st Ave. Sat 10-5 Sat Sat	\$40-50	100%
Midtown Food	Ramen	313 1st Ave. Sat 10-5 Sat Sat	\$10-20	100%
Midtown Food	Rexia One & Grill	912 50th St Sat (Midtown & 5th Ave) 212-671-7423	\$15-20	100%
Midtown Food	Sakaguchi	Longest sushi bar in Manhattan serving over 200 yrs of history of sake and seasonal dishes Japanese, Okinawese, and Korean. All styles of sake, from premium to 100% unadulterated Japanese. Private parties and catering.	\$10-20	100%
Midtown Food	Schmooles	2114 1st Ave. Sat 10-5 Sat 10-5 Sat Sat 718-483-7993 www.schmooles.com	\$10-20	100%
Midtown Food	Shocho's Bar & Hibachi	714 49th St Sat, Midtown & 5th Ave 212-491-9128	\$20-30	100%
Midtown Food	Soyacha Bar & Hibachi	Community restaurant with a focus on Japanese cuisine. Offering a wide variety of healthy and delicious food. Enjoy the authentic to go sushi, served from the famous Tokyo Kiosk. No reservations. No happy hours. No cover charge. Open 7 days a week.	\$20-30	100%
Midtown Food	Sushi TUTTO	2111 47th St. Sat 10-5 Sat Sat Sat Sat 212-687-0711	\$40-50	100%
Midtown Food	Sushi Time	313 124th St. Sat 10-5 Sat Sat 212-687-0711	\$20-30	100%
Midtown Food	SushiZam	313 1st Ave. Sat 10-5 Sat Sat 212-763-0711	\$10-20	100%
Midtown Food	Sushiro	313 47th St. Sat 10-5 Sat Sat Sat 212-687-0711	\$40-50	100%
Midtown Food	Tokyo	313 1st Ave. Sat 10-5 Sat Sat Sat 212-687-0711	\$20-30	100%

Midtown East	T088 JAZZ	
10:00 - 10:30 PM	Guest: Don & Jeff (Live)	
10:30 - 11:00 PM		
Midtown East	Tuathome	
11:00 - 11:30 PM	Guest: Don & Livingston (Live)	
Midtown East	West Union Bookings	
11:00 - 11:30 PM	Guest: Don & Livingston (Live)	
Midtown East	Yakutsk East*	
11:00 - 11:30 PM	Guest: Don & Don (Live)	
11:30 - 12:00 AM		
Midtown East	YAMA Rockers	
12:00 - 12:30 AM	Guest: Don & Don (Live)	
Midtown East	Yamaguchi Tokyo	
12:30 - 1:00 AM	Guest: Don & Don (Live)	

Kerns Town

Korea Town	Ichu Uma Restaurant*	
611 (April 16) (Sat) Mexico & Thailand	230 1,400	230 1,400
211-720-1018		
Korea Town	Izakaya Motu	
1919 (April 16) 2:30 Sat Sun Apr & Fri and	230 1,400	230 1,400
211-720-1018		
Korea Town	Kimbapyo	
216 (April 16) 2:30 Sat Sun Apr & Fri and	230 1,400	230 1,400
216-225-1212		
Korea Town	Teyusan Sushi	
11 (Apr 16) 2:30 Sat Sun Apr & Fri and	230 1,400	230 1,400
216-225-1212		

Chelsea

Chubasco	Sino Ganger	
180 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	osaka*	
	A full service restaurant serving authentic Japanese cuisine. Open daily 11:30am-10:00pm. 100 York Ave. Ste 100 E 10th St. 212-653-4881.	
100 York Ave. Ste 100 E 10th St 212-653-4881		\$14 (10) L
Chubasco	IRON SAUCE	
90 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	Isahaya Tei	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	Momoya Chubasco	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$46 (10) L
Chubasco	Momoya Chubasco*	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	IRON SAUCE	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	Nishi Nishi	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L
Chubasco	Osaka	
111 York Ave. Ste 100 E 10th St 212-653-4881		\$26 (10) L

East Village Curry-Yo
How large we! absolutely be served at Curry-Yo (Brunch)
Japanese Curry-kitchen-awards
100+ and complete dishes and its
seasonal, delicious and atmospheric
indoor, tropical bar/restaurant along with soft
beach, beach bar and beach bar
7th Fl. 100 St. (bet. 1st & 2nd Ave.)
955-523-6770 www.curry-yo.com
\$100 L
\$100 L

East Village Gyo-Kaku*
380 Gough St. (bet. 17th & 18th St.)
212-625-8888
\$100 L
\$100 L

East Village Hotsu*
260 E. 34th St. (bet. 2nd & 3rd Ave.)
212-475-8821
\$100 L
\$100 L

East Village IPPUDO NY
55-56 Ave. (bet. 1st & 2nd St.)
212-688-8888
\$100 L
\$100 L

East Village IZUMI SUSHI*
212 10th St. (bet. 1st & 2nd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Japantec
380 Gough St. (bet. 17th & 18th St.)
212-625-8888
\$100 L
\$100 L

East Village JEWEL BAR
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Kappho
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Korita Japanese House*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Kowai Ono
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village KASABE
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village Kanda*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village Kaneshi
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
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East Village Katsuo
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village Kijo Ito
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village Meg's Place Sushi*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Mezze-Tot*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village MINCA
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
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East Village Misoze
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Natori
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Oni Taster*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

East Village Noodle Cafe Zen*
Indo-chinese Noodle Cafe Zen
has been serving 100+ years of
indochinese and vietnamese
cuisine, authentic and delicious
2nd Fl. 100 St. (bet. 1st & 2nd Ave.)
955-523-6770 www.noodle-cafe-zen.com
\$100 L
\$100 L

East Village Onishi*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
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East Village Onishi*
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East Village Onishi*
380 E. 34th St. (bet. 2nd & 3rd Ave.)
212-688-8888
\$100 L
\$100 L

10th Anniversary L19 (500)
Order one bottle and get one free!
10th Anniversary L19 (500)
Order one bottle and get one free!
10th Anniversary L19 (500)
Order one bottle and get one free!

\$1 Sushi AllDay
YAMAKAGE
TOKYO
10th Anniversary L19 (500)
Order one bottle and get one free!

Aburiya Kinnosuke
212 E. 34th St. NYC / TEL: 212-688-8888
http://www.aburiyakinnosuke.com
Lunch: Mon-Fri 11:30am-2:30pm
Dinner: Mon-Sat 5:30pm-11pm, Sun 5:30pm-10pm

The Japanese Seasonal Blowfish is Here
Blowfish Sashimi \$12
Blowfish Tempura \$11
ALL LUNCH MENU
10% off & tip not required
Lunch set \$12 is a deal.
Soup, salad, sashimi, sushi, rice, miso, or the
day's special chicken, beef, pork, etc.

Authentic Japanese Restaurant
212 E. 34th St. NYC / TEL: 212-688-8888
Lunch: Mon-Fri 11:30am-2:30pm
Dinner: Mon-Sat 5:30pm-11pm, Sun 5:30pm-10pm

East Village **Selwyns***



Making sashimi by hand is a rare high-quality restaurant here imported from Japan, authentic experience make sashimi healthy meal. Top quality food with special experience and value information only for those.

200 E. 10th St. (bet. 9th & 10th St.)
 212-693-4391 more info: selwyns.com

200 E. 10th St. (bet. 9th & 10th St.) \$20-30
 212-693-4391 more info: selwyns.com

East Village **Senji Lounge***



Serving Japanese food in an urban atmosphere, Senji Lounge offers a variety of Japanese food and drink. The menu also includes 100+ Japanese dishes to satisfy your craving. Open late, open late, open late.

120 E. 10th St. (bet. 9th & 10th St.)
 212-693-4391 more info: selwyns.com

120 E. 10th St. (bet. 9th & 10th St.) \$20-30
 212-693-4391 more info: selwyns.com

East Village **Tokusatsu East Village**

25 Ave. A (bet. 1st & 2nd St.)
 212-693-4391

East Village **Urban West***

17 St. Michael St. (bet. 1st & 2nd St.) \$20-30

East Village **Urasawa**



Urasawa is a Japanese restaurant that specializes in East Village with a focus on Japanese food and drink. The menu also includes 100+ Japanese dishes to satisfy your craving. Open late, open late, open late.

120 E. 10th St. (bet. 9th & 10th St.)
 212-693-4391 more info: selwyns.com

120 E. 10th St. (bet. 9th & 10th St.) \$20-30
 212-693-4391 more info: selwyns.com

East Village **Village Tokyo**

400 Ave. A (bet. 1st & 2nd St.) \$20-30

East Village **Wawa**

100 E. 10th St. (bet. 9th & 10th St.) \$20-30

East Village **Yokosuka West***

200 E. 10th St. (bet. 9th & 10th St.) \$20-30

East Village **Yokosuka Tokyo***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

East Village **Yuki Sashimi***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

East Village **Yuki Restaurant**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

East Village **Zen-6**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Manhattan

Lower Midtown **Cube 43**

43 Ave. A (bet. 1st & 2nd St.) \$20-30

Lower Midtown **Family Recipe***

200 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Isa Goveletti***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Kanpa**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Melissa**

200 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Quickly Shabu Shabu**

200 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Soy**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Sushiko**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **SushiShi**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Lower Midtown **Yappan**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca

Tribeca **Breadbasket**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **MCU New York**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **NOLA***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **NORI**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **NORI NEXT DOOR**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **Panama**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **Sushi Atole**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **Tokusatsu Tribeca***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Tribeca **Zuni***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Soho

Soho **Ramen Bistros**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Soho **Hiroko Place**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Soho **Omori**

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Soho **Sauce Sashimi***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Brooklyn

Brooklyn **1st St***

120 E. 10th St. (bet. 9th & 10th St.) \$20-30

Go! Go! CURRY!

New York

Go! Go! Curry! Art Contest

Done by the end of the Go! Go! Curry! Art Contest, and the winner is the Go! Go! Curry! Art Contest.

Go! Go! Day!

Get a Free Curry Coupon!

www.gogocurryusa-ny.com

Midtown Square Park Station 120 Thompson St. (bet. Houston & W. 4th St.) 212-693-4391

East Village 200 E. 10th St. (bet. 9th & 10th St.) 212-693-4391

KOGASHI MISO

\$18

LIMITED OFFER FROM JAN. 1 THROUGH FEB. 28

IPPUDO NY

45 Ave. A (bet. 1st & 2nd St.)
 212-693-4391
www.ippudony.com

Map: 10th St. 11am-11pm 12th St. 11am-11pm 13th St. 11am-11pm 14th St. 11am-11pm

*We may close early if the soup runs out.

Happy Hour!

Open for lunch

Shrimp Draft and \$1.99

All the Appetizers and Drinks

Half Price \$4.99 Mon-Fri

HIDE-CHAN RAMEN

200 E. 10th St. (bet. 9th & 10th St.) \$20-30

[illegible]

Quartzite	2x6x8 Slabs	
17-18 Ave. 100 Degrees 24	70-72-74-76	220-411-2200
Queens		
Quartzite	ARMSTRONG	
4-11 Queens Blvd	Complete 80' 11x14	310-451-1100
	70-72-74-76	
Quartzite	Entre 30	
31-32 Queens Blvd	Entre 30' 11x14	310-451-1100
70-72-74-76		
Quartzite	greenstar®	
34-35 36th Ave. Astor & M 1100		310-451-1100
70-72-74-76		
Quartzite	Isakata	
3-10 Queens St. Buxton 80' 11x14		310-451-1100
70-72-74-76		
Quartzite	Wormstone Granite	
25-26 39th/Parl. Astor 10' 11x14		310-451-1100
70-72-74-76		
Quartzite	KATSUMI	
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Beauty Interview: Ryuji Uchida of Rebirth

What can customers expect when they step into your salon?

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We offer Hair Manicure. It is not new or rare, but probably not used as much anymore. Basically it provides coating to the hair, preventing it from damage. It keeps, makes styling easier, adds shine, and provides great protection from the dry winter air. But the great thing about hair manicure is that it can be tinted to any

color, so you can provide protection to your hair and some slight color at the same time. Digital Perm is also our strength.

What is your philosophy towards beauty?

I think that first and foremost we have to maintain our emotional and mental health. If we are not healthy there, we do not have the energy to put into our physical appearance. So I try to take time out in my day for music, films, books, and manga, whatever that will calm and relax me.

Any tips for our readers?

Each strand of hair lives about 5 to 7 years. They regrow only 25 times in our lifetime. That's not too many times. So you want to think about it, the next time you are pulling on your hair.



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900 Broadway (9th Fl.) \$100
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Open Hair: Heidi Coupe II
900 Broadway (9th Fl.) \$100
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Open Hair: Heidi Coupe II
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Open Hair: Heidi Coupe II
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SPA COMBO for \$78

Deep Cleansing Facial

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Deep Cleansing Facial

The Japanese aesthetician provides optimal treatments tailored to the customer

All treatments 20% OFF
Deep Pore Cleansing \$65 - \$75

Micro-Dermabrasion \$50 (avg. \$60)
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East Village Osaka*	
140 Ave. A, apt. 2B-A, NYC 10013 212-677-1242	\$30
East Village Four Dots	
521 Avenue C, 2nd Fl, NYC 10017 212-675-4891	\$25
East Village Hair Matrix Salon/Spa*	
61 3rd Ave., 2nd Fl, NYC 10013 212-675-4812	\$15-
East Village Hercs Cuts II	
2111 1st St. (bet 2nd & 3rd Ave.) 718-563-0303	\$10-
East Village Salon*	
21 11th St. (bet 3rd & 4th Ave.) 212-675-0527	\$40-
East Village K2 Salon*	
201 10th St. (bet 9th & 10th Ave.) 212-675-4133	\$15-
East Village Kyrene Salon*	
81 E. 10th St. 211 10th Ave. 5th Ave. NYC 212-444-4449	\$40
East Village Pink Salon*	
101 E. 10th St. (bet Ave. A & B) 212-474-4333	\$65
East Village Q Hair*	
12 Avenue C, 2nd Floor, NYC 10013 212-474-6126	\$30-
East Village REBORN*	
Reborn Japanese hair salon in the East Village employs various Japanese stylists who use a Japanese hair cut & hair dye technique and regular customers love the experience	
347 E. 10th St. (bet Ave. C & D) 212-474-7152 www.rebornsalon.com	\$65
East Village Redden Salon	
301 E. 10th St. (bet Ave. C & D, 3rd Ave.) 212-677-3413	\$40-
East Village SALON VIBRA*	
Salon Vibra is a hair salon in the Lower East Side on the new sidewalk location 301 East 10th St. It's a new and old school, giving you the best of both worlds. The salon is a mix of old and new, giving you the best of both worlds. The salon is a mix of old and new, giving you the best of both worlds.	
301 East 10th St. (bet Avenue C & D, 3rd Ave.) 212-474-6126 www.vibrasalon.com	\$60
East Village SES-TOMORROW II	
154 E. 10th St. (bet 3rd & 4th Ave.) 212-474-6126	\$10-
East Village SES-TOMORROW E13	
2401 13th St. (bet 2nd & 3rd Ave.) 212-474-6126	\$25
East Village Shizen	
621 E. 10th St. (bet Ave. C & D) 212-677-1242	\$65
East Village Takamichi Hair*	
301 Avenue C, 2nd Floor, NYC 10013 212-474-6126	\$15-
East Village Uner Salon*	
401 E. 10th St. (bet Ave. C & D, 3rd Ave.) 212-677-1242	\$65
Lower-Mid Cocoon Salon	
150 Avenue C, New York, NY 10013 212-220-0333	\$15-
Lower-Mid Keweenaw Salon	
21 Avenue C, 2nd Fl. (bet Ave. C & D, 3rd Ave.) 212-677-1242	\$30

East Village Yo-C Salon*	
Yo-C Salon is a hair salon in the Lower East Side on the new sidewalk location 301 East 10th St. It's a new and old school, giving you the best of both worlds. The salon is a mix of old and new, giving you the best of both worlds.	
301 East 10th St. (bet Avenue C & D, 3rd Ave.) 212-474-6126 www.yo-csalon.com	\$75
Flushing Loren Salon North Moore	
34 North Moore St. (bet Ave. C & D, 3rd Ave.) 718-354-3231	\$70
Flushing Salon Mase	
130 Avenue C, 2nd Floor, NYC 10013 646-474-6126	\$25
Goth Shin Hair Salon by MIMA	
Shin Hair is a hair salon in the Lower East Side on the new sidewalk location 301 East 10th St. It's a new and old school, giving you the best of both worlds. The salon is a mix of old and new, giving you the best of both worlds.	
301 East 10th St. (bet Avenue C & D, 3rd Ave.) 212-474-6126 www.shin-hair.com	\$60
Goth Loren Salon Flushing St.	
130 Avenue C, 2nd Floor, NYC 10013 212-677-1242	\$70
Flushing Common Salon & Grl	
130 Avenue C, 2nd Floor, NYC 10013 718-354-3231	\$60
Long Island U Waves	
11 Queensway Park, Flushing, NY 11354 212-474-6126	\$40
Westchester Akron Salon	
11 Hudson Ave. 108 West 10th St. 914-474-6126	\$20
Westchester Hair Studio MAMA*	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$45
Westchester Hair's Hair Salon*	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$75
Westchester Movement*	
11 Queensway Park, Flushing, NY 11354 212-474-6126	\$60
Westchester Salon Success	
11 Hudson Ave. 108 West 10th St. 914-474-6126	\$40
New Jersey Akron Salon*	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$40
New Jersey Katsuki Salon*	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$65
New Jersey Melody Beauty Salon	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$60
New Jersey Salon Success	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$40
New Jersey Salon Toms	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$60
New Jersey Tink Hair Supreme*	
201 Hudson Ave. 108 West 10th St. 914-474-6126	\$40

* Chapstick NY available to pick up



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Shiatsu Everyday: Stay Healthy by Stimulating Tsubo Points

"Tsubo" is an important therapeutic point or acupressure point in shiatsu massage. Each point sitting on the meridian line (energy flow line) of the body is related to the organs and internal systems, and by stimulating tsubo points you can improve energy flow and maintain health. Get to know which tsubo point is effective for a certain symptom and train in self-shiatsu. This month we introduce tsubo points for clearing nasal congestion.

鼻通 BITSŪ

Bitsū helps clear nasal congestion and control runny nose. Promoting blood circulation, it is also effective for allergies and hay fever.

迎香 GEIKŌ

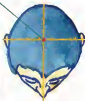
Geikō tsubos are located on hollow points on both sides of nostrils. It not only works for clearing nasal congestion but also scent disorder. When adding pressure to geikō, push a little inward as if you are pinching the nostrils, instead of pressing straight down.

四白 SHIHAKU

About 2 inch below the eyes, there are points called shihaku. They help blood circulation and relax muscles. It is also good for dry eye and myasthenia.

百会 HYAKUE

Hyakue is located on the top and center of the head. Stimulating this tsubo helps you calm down and relaxes you. It controls for high blood pressure, insomnia, dizziness and headaches from stress as well.



How to Give Pressure to Tsubo Points

Each point is to be pushed for 10 seconds. Do not use strong pressure all at once, but rather slowly increase your finger's pressure on the tsubo. If you hit the deepest point, stay there for 10 seconds and release slowly. Repeat a little, and do this one every time. Repeat at least 3 times.

Illustration by Take Morie, L.Ac., of Ido Holistic Center

21 E. 49th St. (bet. Madison & 5th Ave.)
New York, NY 10017

TEL: 212-599-5300 / www.idocenter.com

tsukamoto@idocenter.com



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- Yellow Fever Vaccines
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Health Guide

Included prices are approximate. Individual prices

• Chiropractic available at www.chiropracticny.com
• Chiropractic not available to pick up

SHIATSU

Upper West Your True Self

501 West 104th Street (between 104th & 105th)
212 694-4211

Midtown West Cedar Street Shiatsu

• 10 years of experience
• Ma Endomassatsu Shiatsu
• Specialized in treating
• Posture, stress, back, arm
• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown West Osaka Health Spa NJ

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown West Saito de Tokyo

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown West De-la Center

• Over 20 years of experience
• Specialized in treating
• Posture, stress, back, arm
• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
212 694-2020 212 694-2020 212 694-2020
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Midtown West eese NY LLC

212 694-2020 212 694-2020 212 694-2020
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Midtown West De-Holmes Center

• 10 years of experience
• Specialized in treating
• Posture, stress, back, arm
• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown East Heated Perry Wellness Spa

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown East Kinkadee Inc.

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212 694-2020

Chatham Coville's Japan

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Forest Hills Kony

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Lower East Health Trail CO

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Lower East Rick Smith Wellness City Life/Spa

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212 694-2020

Lower East Eerie Street Shiatsu NJ

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212 694-2020

ACUPUNCTURE

Midtown West Wilson Medical Group

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Midtown West End Endless Healing Center

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212 694-2020

Midtown West Yonaguchi Acupuncture

• 10 years of experience
• Specialized in treating
• Posture, stress, back, arm
• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
212 694-2020 212 694-2020 212 694-2020
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Midtown East Alameda Center

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Midtown East Amy Nature Center

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212 694-2020

Chatham Lene & Composites

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212 694-2020

Chatham Saito Natural Health

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212 694-2020

Chatham Chen Bai

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Lower East Kanam Acupuncture

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212 694-2020

Lower East De Hong

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DOCTOR

Upper East Charles E. Levine

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Midtown East Apelin Medical Health Care

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown West Wilson Medical Group

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212 694-2020

Midtown East Marago Fajardo MD

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown East De-Holmes Center

• 10 years of experience
• Specialized in treating
• Posture, stress, back, arm
• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown East Japanese Medical Practice

212 694-2020 212 694-2020 212 694-2020
212 694-2020

Midtown East Midtown Dental Group

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Midtown East Norledge Med Ltd

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212 694-2020

Chatham Horatio Myerowitz SW

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Lower East Edgecombe Family Care Center

212 694-2020 212 694-2020 212 694-2020
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Lower East Japanese Women's Center

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New Jersey New Jersey Clinic

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212 694-2020

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Upper East Coco Chiropractic

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• and neck pain, menstrual cramps, and digestive
• disorders (digestive regulation). Acupuncture included.
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OTHER

Midtown East Pain Free Massage

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Upper East Body By Choice

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MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

Vol. 28 - MONO of the month

MIKI HOUSE Shoes

Proper footwear is indispensable to children's healthy foot growth, but most parents tend to focus mainly on its labeled size and the design they like without listening to their kids' real voice. Young children are not good at expressing their comfort or discomfort, making it hard for their parents to understand what's right or not. But, there is a magical shoe line that provides absolute comfort as soon as children slip them on: shoes from MIKI HOUSE.

MIKI HOUSE, Japanese premium fashion house for children, has been dedicated to creating shoes that support their growth more than 30 years. "The philosophy behind creating our children's fashion is that we focus on what children want to wear, but not an adult miniature version," quoted Mr. Takada, President of MIKI HOUSE America, Inc. "Functionality and design are both important elements when creating a product, but if we must choose one between the two, we will definitely choose function over design."

MIKI HOUSE's magical kids shoes collection is not just a product of magic, but a fruit of thorough research, development and effort. There are five key functions in the collection, all of which are carefully developed for kids' safety and healthy growth of foot.

Ample toe room allows children's toes to spread out as they walk and prevent improper growth. These shoes are made in half-centimeter increments for the best fit for the foot, and further adjustment can be made with special hook-and-loop fasteners, which can easily be adjusted to protect the feet but not easily loosened by the child's activity. Wide counters are extended to soften the arch and prevent disorders such as pronated foot, while the board structure supports the

underdeveloped bones in children's heels. For safety, toe caps in MIKI HOUSE shoes are turned up at the appropriate angle to prevent stumbling. Finally, MIKI HOUSE shoes are ergonomically designed with a flexible bending joint at the bottom for maximum comfort when walking.

High quality is ensured by the attention given in the manufacturing process. In their shoe factory in Japan, most stages are done through manual crafting for extra care. As a result, MIKI HOUSE shoes are durable, flexible and comfortable. The inner shoes are designed to have minimal stitching for smoothness. Instead of using glue, which is the norm of shoe making, MIKI HOUSE specializes in melting urethane foam to attach the components together. The urethane foam keeps the shoe breathable and has a softer finish. Furthermore, a special balancing method is used to put the upper and the soles together. This method involves heat and pressure, giving the shoe a firm shape that will stand the test of time. This process can only be done in the factory in Japan.

These signature shoes are brightly colored with kid-friendly animal prints. Since most customers return for the same shoes, MIKI HOUSE continues their signature line along with new products, which are introduced twice a year. Responding to the latest trend of the growing number of sportier customers, MIKI HOUSE has collaborated with the famous sports brand Momo to create new footwear. While retaining the key functions of MIKI HOUSE Shoes Collection, the new model has additional stability and durability for active children. This collection will be available in the U.S. from February 2012.

Info: www.mikihouse-usa.com



MIKI HOUSE Shoes Collection is designed to bend exactly where the foot bends, allowing for smooth walking while preventing stumbling.



In order to hold and support better, Miki HOUSE employs a big heel fastener for the shoes.



MIKI HOUSE shoes are made with manual production and meticulous hand-crafting to guarantee going through it methodical steps.



Not only functionality but also design is essential. All designs are created for children to enjoy wearing them.



Shop Guide

The following is a list of shops where you can buy Japanese goods. Items in **italics** are online only.

• **Japan** available at www.chopsticksny.com
• **Chopsticks** not available to pick up

FASHION

Upper West	B23 Kudu*	
412 Columbus Ave. (bet 75th & 86th St.)	212-685-1415	Clothing
Upper East	8 by Elgus	
171 Third Ave. (bet. 60th & 61st Ave.)	212-685-0995	Clothing
Upper East	Seiga Accessories	
262 Madison Ave. (bet 25th & 26th St.)	212-234-4125	Accessories
Upper East	SOGO NECKWEAR	
124 Madison Ave. (bet 64th & 65th St.)	212-684-4125	Accessories
Midtown West	UN33L	
3140 2nd St. (bet 35th & 36th Ave.)	878-264-4125	Clothing
Midtown West	UN33L	
881 6th Ave. (bet 42nd & 43rd St.)	676-463-4125	Clothing
Midtown East	Maki House	
500 3rd Ave. (bet 30th & 31st St.)		Clothing
Chelsea	Junika Yodobashi	
207 W. 14th St. (bet 25th & 26th St.)	733-884-1341	Clothing
Chelsea	Bondella New York*	
80 W. 14th St. (bet 25th & 26th St.)	212-333-8325	Lingerie
West Village	Yuuuak	
321 1st Avenue (bet Thompson & Grand)	212-684-1135	Clothing
West Village	ANOSKY	
424 E. 36th St. (bet Ave F & G Ave)	212-349-0415	Clothing
East 4th Ave	BeachLifeLife	
261 E. 4th St. (bet Ave F & G)	212-498-0415	Lingerie
East 4th Ave	Local Clothing	
261 E. 4th St. (bet 1st & 2nd Ave)	212-471-3895	Clothing
East 4th Ave	Tokyo 1st	
333 1st Ave. (bet 1st & 2nd Ave)	212-684-4125	Clothing
East 4th Ave	Tokyo Jew	
333 E. 4th St. (bet 1st & 2nd Ave)	212-471-3895	Clothing
East 4th Ave	Bit's Kids Palace	
315 Avenue C (bet 1st & 2nd Ave)	363-4125-0412	Clothing
Chelsea	Maki Interiors	
50 Avenue C (bet 1st & 2nd Ave)	212-244-1111	Clothing
SoHo	Auth	
35 W. Broadway (bet 1st & 2nd St.)	212-244-1111	Accessories
SoHo	Princi Interiors	
38 W. Broadway (bet 1st & 2nd St.)	684-1111-1111	Accessories

SoHo	Bondella New York*	
315 Avenue C (bet 1st & 2nd St.)	363-4125-0412	Lingerie
SoHo	Ken's Closet	
315 Avenue C (bet 1st & 2nd St.)	212-244-1111	Lingerie
SoHo	Maki Mink	
315 Avenue C (bet 1st & 2nd St.)	212-244-1111	Clothing
SoHo	8 by Elgus	
315 Avenue C (bet 1st & 2nd St.)	212-244-1111	Clothing
SoHo	UN33L	
315 Avenue C (bet 1st & 2nd St.)	212-244-1111	Clothing
SoHo	Yuki Restaurant	
315 Avenue C (bet 1st & 2nd St.)	212-244-1111	Clothing
Chelsea	Bondella New York*	
315 Avenue C (bet 1st & 2nd St.)	363-4125-0412	Lingerie
Chelsea	Maki House	
315 Avenue C (bet 1st & 2nd St.)	363-4125-0412	Clothing
Chelsea	UN33L	
315 Avenue C (bet 1st & 2nd St.)	363-4125-0412	Clothing
J-POP CULTURE		
Midtown West	Book Off*	
410 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Books
Midtown West	Jan Healey's Unconscious*	
410 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Music
Midtown West	Kinokuniya Bookstore	
300 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Books
Midtown West	Mitsukoshi USA	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Books
Midtown West	Multimedia Comics*	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Music
Midtown East	Multimedia Comics*	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Music
Chelsea	Cosmic Graphics	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Music
Chelsea	Image Anime*	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Accessories
West Village	AC Goods	
315 W. 42nd St. (bet 36th & 37th Ave.)	212-684-1111	Accessories

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Open 12
Closed 12

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East Village **Parkside-Pinner**
960 Broadway (bet 139 St.)
212-475-4021 **Toy**

East Village **Kim's Video St. Marks**
281 1/2 Ave. (bet 79 St. & 81 St) St. Marks Pl.
212-6970906 **Video Rental**

East Village **St. Marks Comics**
119 St. Marks (bet 104 St. & 105 St.)
212-697-0028 **Comics**

East Village **Seaweed Mart**
4 Broadway St. (bet 104 Ave. & 105 St.)
212-697-0028 **Video Rental**

East Village **Toy Tokyo***
9 Avenue C (bet 94 Ave. & 95 St.)
212-475-0291 **Toy**

East Village **Video Games New York***
280 E. 10th St. (bet 10th St. & 11th St.)
212-697-0028 **J. Books**

St. Marks **Winkrock**
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212-697-0028 **Toy**

St. Marks **Seaweed Mart, Sals**
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212-697-0028 **Video Rental**

Brooklyn **Zukko Corp***
100 Avenue C (bet 104 Ave. & 105 St.)
718-487-4021 **Books**

Queens **Asian Castle***
36-12 101st St. (bet 101st St. & 102nd St.)
718-487-4021 **Action**

Long Island **Asian Castle**
70 Spring Rd. (bet 101st St. & 102nd St.)
516-211-4401 **Action**

TRADITIONAL

Upper East **Sina***
960 Lexington Ave. (bet 125 St. & 126 St.)
212-697-0028 **East Asian**

Midtown East **Japanese Culinary Center**
711 1st Ave. (bet 105 St. & 106 St.)
212-697-0028 **East Asian/General**

Midtown East **Mitsumoto Kitchener***
400 1st Ave. (bet 105 St. & 106 St.)
212-697-0028 **East Asian/General**

Midtown East **Precious Precious**
100 Ave. C (bet 104 Ave. & 105 St.)
212-697-0028 **East Asian/General**

Chelsea **KYOGISHA***
22nd St. (bet 104 St. & 105 St.)
212-697-0028 **General**

East Village **Mikuni**
107 Ave. C (bet 104 Ave. & 105 St.)
212-697-0028 **East Asian/General**

Trieste **Koto***
107 Ave. C (bet 104 Ave. & 105 St.)
212-697-0028 **East Asian/General**

St. Marks **Kimono House**
107 Ave. C (bet 104 Ave. & 105 St.)
212-697-0028 **East Asian/General**

Queens **Sinji Trading**
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718-487-4021 **East Asian**

St. Marks **KITEYA SONO***
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212-697-0028 **East Asian/General**

Midtown East **Mura New York**
300 1st Ave. (bet 104 Ave. & 105 St.)
212-697-0028 **General**

Manhattan **Marketa International**
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212-697-0028 **General**

Chelsea **J-Life International, Inc.**
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GALLERY

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Chelsea **Ippodo**
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Chelsea **Pika**
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Chelsea **Asian American Arts Co.**
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Chelsea **gallery contemporary gld**
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212-697-0028 **General**

OTHER

Midtown East **Video Shop N.Y.***
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212-697-0028 **General**

Midtown East **Terry May***
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212-697-0028 **General**

Chelsea **IKI Japan**
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Chelsea **JFPhotos**
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JUDO: LEARNING TO RESPECT STRENGTH ON MANY DIFFERENT LEVELS



The interior of my wrist pressed into the neck of my opponent cutting off her air supply. I was not permitted to let go until she signaled surrender with three rapid taps on the mat. Thirty minutes prior I had walked into Kokushikai Judo Academy in Fair Lawn, New Jersey with only a rudimentary understanding of the sport. Wearing a borrowed judo-gi from the school, I walked through the impeccably clean dojo and asked instructor, and three-time Olympian, Celita Schutz to help me tie my belt because I had no idea how. Under her strict supervision, less than an hour later, I was entrusted with the safety of another student in my grip. I was practicing judo.

Judo is an Olympic sport developed from the fighting art jujitsu. Translated as the gentle way, in judo, grappling, throwing and holding techniques are used with an emphasis on efficiency of movement rather than brute strength. From beginning to end my first class at Kokushikai helped me understand what that really meant.

Warm up was a series of familiar strength and stretching exercises. I felt on-tactly confident keeping up. But as the ukiyokos, or standing throwing drills began, I had my first encounter with the academy principle as I, lost, summed up in the word trust. Paired with a more experienced student, I allowed her to practice wrapping her leg behind my knee to take me down; then it was my turn. As I groped the front of her judo gi I was reminded how much trust students must have in one another to practice these techniques over and over. It was difficult for me to share this trust, but my partner inspired me with the patience of someone who knew what it felt like to be a beginner.

Moments later, lying on my back, adrenaline pumped through me. Newcomers ukiyokos, ground fighting with partners, had begun and I was instructed to get out of the hold that kept me down and I could not exit. My primal fear began to

subside when Schutz Sensei showed me how to throw my opponent by lifting my hips as I pulled her judo-gi in the same direction. In one move I went from cowed to powerful.

The last portion of the class was dedicated to technique - sparring. Only half of the class spars so the other can observe and learn. The extreme diversity in level and age was impressive. There were children as young as eight and adults past fifty. One student, Candy, is a sight-impaired paralympian who competed in the London games. I would later learn that this class was intentionally mixed and contained many family members. Schutz Sensei explained that diversity is important in judo because we should seek to learn from our opponent rather than beat them. Judo is for those desiring strength of mind and body. The class ended with us all on the same level kneeling on the floor and bowing.

—Reported by *Donna Brown*

Kokushikai Judo Academy
20128 Fair Lawn Ave., Fair Lawn, NJ 07410
TEL: 201-797-0388 / www.kokushikai.com



▲ Olympic judo black belt and technical advisor Matsumasa Sensei uses his knowledge to refine and perfect.



▲ The senior instructor has first instructs hold with Schutz Sensei guidance.



▼ Schutz Sensei demonstrates the proper execution of ukiyoko hold. The opponent must tap to release.

▼ The Sunday class featured a mixed skill and children allowing families to practice together.



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Midtown West	N.Y. Toga Kyokushin*	Freestyle
100 W 40 St 11th flr (bet 38 & 40 St.) 212-693-8808	<p>*N.Y. Toga Kyokushin has exclusive offering Japanese martial arts classes for Japanese in midtown Manhattan. They teach Karate/Shotokan in Japanese and functionally as a page 2 fitness studio & Jiu Jitsu studio.</p>	
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Japan	Onoda School	Bowling
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MARTIAL ARTS		
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Upper East	WTOO Karate Dojo	Karate
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Chelsea	Shinjuku Karate NYC Branch	Bowling
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Chelsea	Tiger Shotokan*	Uta
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Chelsea	U.S. Shiro Kri-Kri*	Uta
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Chelsea	World Seido Karate*	Karate
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Chelsea	World Karate Karate	Karate
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East Village	New York Jiu Jitsu*	Jiu Jitsu
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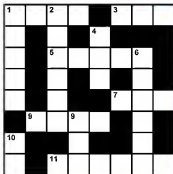
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Japanese CROSSWORD

Across

1. 2013 is the year of the ____ (snake) according to the twelve zodiac signs used in Japan
3. The twelve zodiac signs are called ____ in Japanese
5. The capital of Japan during the Heian (794-late 12th century) and Muromachi (1362-1573)
7. ____ shoku is a typical meal usually consisting of a main dish, rice, miso soup, and pickles
8. Japanese children traditionally open ____ during the New Year holiday
11. "____ no Hi" is Coming of Age Day, celebrated on the third Monday of January

Down

1. The first dawn of the year is called ____ yume
2. A popular rite in Japanese New Year rites is the tuku ____ (goat bog)
4. A New Year delirium of dreams and Japanese sweat germs is bun hin ____
6. Japanese New Year foods are generally called ____ ryori
9. ____ (front) and ushiro (back)
10. This staple Japanese seasoning has a star flavor



©Chopsticks NY / Miles Miller

JAPAN POP QUIZ

Among the following Japanese novelists, who has won the Nobel Prize in Literature?

- Ⓐ Haruki Murakami
- Ⓑ Yoko Mishima
- Ⓒ Yasunari Kawabata
- Ⓓ Shusaku Endo

©Chopsticks NY / Miles Miller

The World Heritage Sites of Japan

SHIRETOKO

(Designated by UNESCO in 2005)

Shiretoko, located in the northeast of Hokkaido, includes an outstanding example of the succession of marine and terrestrial ecosystems as well as numerous productivity. Surrounded by peninsula, Shiretoko offers myriad forms scenery including the Shiretoko Peninsula, waterfalls, and lakes in the ocean, as well as a number of marine and terrestrial species, some of which are endangered and found only in the region. The Shiretoko Goshu lakes are composed of five scattered lakes and are among the highlights of Shiretoko. Between three lakes or so, the lakes are filled by springs, which freeze the water seasonally clear. No vehicles are allowed, and some areas are closed to public access to protect the natural beauty. They are quiet and self-guided hiking is allowed. Ecologically, Shiretoko is a multiple. Wetland, forested mountains, drift, lakes, and mountains by the ocean is不可思議.

Photo courtesy of Hideo Yoshikawa
(yoshikawa@shiretoko.go.jp)

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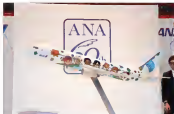


Art in the Sky: ANA's Aircraft Livery Contest

Installations in parks, murals, graffiti and lighting up landmarks are some of the different methods of artistic expression and sending messages. In Japan there is another unique way to make a visual statement: artwork on aircraft. Japan's leading airline company All Nippon Airways (ANA) has a long history of doing this, starting with "Morino Jumbo" (aircraft with a whale livery) in 1953. Other notable "character aircraft" debuts included Snoopy in 1986, Pokemon in 1998 and most recently Mobile Suit (GUNDAM) in 2010. In September, 2012 ANA carried out an aircraft design contest as one of the commemoration events for its 60-year anniversary.

The contest took place in 36 countries throughout the world including Japan, from which 3042 designs were submitted. Nine prizes were awarded in the seven categories of "A Dream," "Friendliness," "Unforgettable," "Went to Fly," "Realizability," "Into the Future" and "Best Deposition." Furthermore, these nine selections were voted on by customers and ANA group staff members online to determine the one creation that would decorate the aircraft, which was unveiled on December 1.

According to Jean Saito from the ANA Marketing and Sales Department, the following is why the winning entry was chosen: "This design, which is by a 29-year-old Japanese woman, is themed as 'Spreading Smiles throughout the World.' It depicts children of different races smiling on top of the earth. It perfectly matches ANA's direction of striving to bring dreams and excitement to the world and to expand its international network." The airplane, this livery will unfortunately only be flown on Japanese domestic routes, but when you visit Japan on business or pleasure, make sure to look for this plane bringing smiles to the world.



This plane, with details of various races standing upon the earth smiling, will begin service in mid-February 2013. In addition to its existing 6.5 routes, ANA is planning to add service to Seattle and St. John in 2013.

Info: www.fly-ana.co.jp

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The Island that Pushed Japan Forward

Between the world's iconic James Bond and jumping off the cliff and skipping into the shiny bency car, peck into a small island where the scenery hides out, and that should be your next destination in Japan. Minami Hoshima, this small island has become a hidden yet popular destination among domestic and international travelers in recent years for its unique history and its atmosphere.

Hoshima is the island of abandoned human life also known as Dunkan Jima, literally meaning the battle ship island because of the bulky concrete silhouettes, it is among several small islands scattered off Nagasaki Prefecture of Kyushu. The originally quiet, small fishing island turned into a mining town, the once underwater coal mine was discovered at the beginning of the 19th century. As Japan kept applying the western engineering and lifestyle for the country's modernization and the coal demand grew fast, the island became the epicenter of the coal mining industry, and the population swelled to over 5,100 people in its heyday. At the population peak in 1980, the island's metropolis was thriving so much that the population density was even higher than Tokyo's business district.

Hoshima was remote yet very urban. An island of the size of 18 football fields became the home of Japan's first concrete apartment complex built as miners' residences. The island had everything from schools, hos-

pital, restaurants and movie theaters to accommodate the workers. They were all packed into the residential complex buildings standing close to each other and connected by maze-like passages above and underground, and a former resident remembers that people could get around everywhere without getting wet in the rain. It was as if one city fit on the island with a maze of paths and roads connecting everywhere.

Today, Hoshima remains as a floating ruin. Approaching by boat, the remaining concrete structures quietly emerge over the horizon. After the last residents left the island as a result of the closure of the mining facility in 1974, the island became off limits due to the insecure decaying structures. But once the mining company gave up the ownership of the island in 2001, Hoshima became public property, and the local government partially opened the island to exhibit its history. And thanks to a recent trend of urban ruin tours, the island has become a perfect "off the beaten path" destination for a look behind the scenes of Japan's modernization. A preservation group organizes the island tours, showing the long abandoned metropolis that supported the energy of Japan's industrialization and modernization.

<http://www.ngs-kenkanen.com/eng/00/index.html>



(Above) The island is accessible only by boat, and it reveals the empty structures forming the battle-ship-like silhouette of the island.

(Top Right) Signs of diving towns have been collected between the ruins of the lost metropolis.

(Bottom Right) The island's history is displayed in the Dunkan Jima Museum in Nagasaki City, founded by the island.



HISTORY OF NAGASAKI AND OTHER NOTABLE TOURIST SPOTS

Nagasaki Prefecture has a unique history that none of the other Japanese prefectures experienced. Located on the western tip of Kyushu Island and facing to the East China Sea, the prefecture has countless small islands, making it a great port and fishing area. In the 16th Century Nagasaki began to be exposed to foreign cultures, mostly from Chinese missionaries and traders from Europe. This helped establish a large Catholic population in the area, which led to tragic events when the then government of Japan prohibited Christianity. During Japan's national isolation (1639-1854), the city of Nagasaki was the only port city that was allowed to open to other countries, limited to the Netherlands and China. Therefore the influence of such foreign cultures still remains, blended easily with the local culture. Also the city of Nagasaki was one of the two targets of the atomic bombs in World War II.

Sera Tencho (Sera Cathedral)

The Catholic church was originally constructed for French missionaries in 1665. It was destroyed by 25 bombs, including 30 American bombs, which were dropped in 1945. It is the oldest church in existence and was redesignated as a National Treasure in 1983.

Glover Garden

After Japan abandoned its national isolation many foreign businessmen came to Nagasaki for trade. Thomas Blake Glover was the successful Scots-British businessman who supported the same to make efforts in constructing modern society at the dawn of the Meiji era. Glover Garden was the residence of Mr. Glover, which he designed himself and was constructed in 1863. Located on top of the hill, it has a magnificent panoramic view of Nagasaki port.



Peace Park

Peace Park is a complex park area constructed near ground zero of the atomic bomb on August 9th, 1945 in hope of world peace. In 1955 the city of Nagasaki established a Peace Symbolic Zone and invited thousands of immigrants from countries round the world. A Peace Memorial Ceremony is held on August 9th every year.

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Consulate General of Japan Gallery Space

The Consulate General of Japan Gallery space will hold a *Hei-e* (Japanese collage) exhibition created with thousands of pieces of Japanese washi paper and paper from all over the world under the theme of Japanese culture (*heike* = same). Japanese nostalgia, hometowns and landscapes. From among the collection of works displayed are 16 works chosen from the latter half of 1980 until now. Enjoy the beauty of Japan and the beauty of its culture captured in precious moments in *Hei-e* art.

Location: 299 Park Ave., 3rd fl. 4th fl. 4th fl. 4th fl.

New York, NY 10021

TEL: 212-271-4222

January 4-27 FREE

The 100 Artists "100 Artists"

Daichi Gallery

Born from the concept of artists wanting to play an active role and become a member that creates an art scene that the world pays attention to, is the "100 Artists" exhibition which has reached its 7th installment in four years. This year's theme is "People" and will be held at Israeli-born Daichi Gallery in New York City, a place with a great diversity of cultures, upbringing, languages and beliefs. 100 artists will present artwork of People, in the hope of expanding their audiences on a global scale.

Location: 100 10th St., Suite 302

Brooklyn, NY 11201

TEL: 212-271-4000

January 8

Gallery Seminar—The Japanese Art of Flower Arranging

Mitsuzono Museum of Art

Explore painted screens and ceramics in the exhibition

Designing Nature: The Kyoto Aesthetic in Japanese Art with MIT educator Joseph Loh and Japanese artist Shoko Inoue (Coquette School). Enjoy conversation in the galleries and in Japanese classrooms, to discuss relationships between artists' choices when depicting nature in visual art and in literature. Two sessions are available to choose from. Fee is \$45 and includes museum admission. Visit the website to register or for more information.

Location: 100 10th St., Suite 302

New York, NY 10021

TEL: 212-271-4000

January 12-18 FREE

Sageitsu New York Branch (Sageitsu Flower Show)

The Nippon Gallery



New York Branch, which started in 1971. Many members will exhibit their arrangements at The Nippon Club, which strives to弘扬 the unity of the Japanese community and strengthen the relationship between the United States and Japan.

Location: The Nippon Gallery of The Nippon Club

100 W. 25th St.

New York, NY 10021

TEL: 212-271-4000

January 18 - February 8 FREE

Junko Yamada New Works Show "Shinkawaga, Kyoko Shinkawaga and Sannosaka"

Marked Japanese Antique and Fine Arts



Japanese Hei-e artist, Junko Yamada, will have an exhibition of her new works of Hei-e. In her new series of works, she captures scenes from Sannosaka, Ikaruga, Ikaruga, Ikaruga in Gifu Prefecture and Sannosaka in Kyoto with thousands of pieces of paper. Opening reception will be

held on Jan. 18 from 5-7 pm.

Location: 100 10th St., Suite 302

New York, NY 10021

TEL: 212-271-4000

www.finearts.com.nyu.edu/kenokan

Through February 25

Exhibition Tokyo 1955-1970

Museum of Modern Art (MoMA)

From the mid 1950s through the 1970s, Tokyo transformed itself from the capital of a war torn nation into an international center for arts, culture, and commerce, becoming home to some of the most important art being made at the time. Tokyo 1955-1970 provides a focused look at the extraordinary concentration and network of creative individuals and practices in this dynamic city during these turbulent years featuring works of various media—painting, sculpture, photography, drawings, and graphic design. Also, in conjunction with Tokyo 1955-1970, MoMA will be presenting a 40-film retrospective of the Art Theatre Guild, the independent film company that radically transformed Japanese cinema by producing and distributing avant-garde and experimental works from the 1960s until the early 1980s.

Location: 11 W. 53rd St., 5th fl. 4th fl. 4th fl.

New York, NY 10019

TEL: 212-704-6000 / www.moma.org

Through August 11

Our Shared Kinship: Food, Nature, Culture Exhibition

Museum of Natural History

In the new exhibition "Our Global Kitchen: Food, Nature, Culture," the American Museum of Natural History will be exploring the complex and intricate food systems that bring what we eat from farm to table. This exhibition will feature a vertical hydroponic farm, daily tastings in a working kitchen, and also highlight numerous methods growers currently use and discuss potential new growing techniques throughout the world, ranging from fast-food meat grown from animal stem cells to larvae-planted skyscrapers. Our Global Kitchen will allow visitors to experience the intersection of food, nature, culture, health, and history. **Location:** Central Park West at 79th Street, New York, NY 10024. **Hours:** 312-769-3390, www.amnh.org

Through September 28, 2013**Bushfield Deane and the Creation of the Arms and Armor Department****The Metropolitan Museum of Art**

To mark the centennial of the Arms and Armor department, this exhibition will survey the career of Dr. Bushfield Deane, the department's founding curator. At the Met, he worked initially as a guest curator in 1904, when he was invited to install and catalogue the Museum's first significant acquisitions of arms and armor, including many Japanese armor and weaponry pieces. He continued on as honorary curator until joining the staff full time in 1912 as head of the newly created Arms and Armor Department, rapidly building the collection into one of international importance and laying the foundations for the growth of the collection as it exists today. **Location:** 1000 Fifth Ave., 4th Floor S1, New York, NY 10005

Event Feature**"New Matsue Sweets" Demonstration, Tasting and Sales Matsue City**

This year's annual "New Matsue Sweets" demonstration, tasting and sales will take place January 18-20 at various locations. Matsue city, the old castle town of Japanese Prefecture, has a rich history, famous for preserving vegetable sweets as a tribute to the emperor since ancient times. New Matsue Sweets are new types of traditional Japanese sweets that are more colorful and innovative both in presentation and taste. For this event, skilled veteran crafts own from Matsue will come to foodservice outlets in front of your eyes, which you can taste and purchase afterwards.

TEL: 732-345-5700

Performance**January 18****Chikara Yamashita: The Jazz Live at KIDLAND**

Popular jazz pianist, Chikara Yamashita will play a live jazz show with Todd Wile (bass) and John Gove (drums) at the KIDLAND. Songs to be played are jazz standards and her original songs including those from her new album "After Hours 3". Two performers. From 8 pm and 10 pm will be

held with a \$25 charge

Location: 1430 Broadway, 8th Floor, New York, NY 10018

TEL: 212-686-0000

www.kidland.comwww.chikarayamashita.com**January 26****New Album "True Colors" Release Celebration at JAZZ at KIDLAND****ERIKA MATSUO****Event schedule and location****Jan. 18, 12 pm-Sale Approx****(11th St) St, NY, NY: 312-489-2529****Jan. 19, 3 pm-Sale Matsue****(13th St) St, NY, NY: 444-385-9200****Jan. 20, 11 am-2 pm-Sale****(11th St) Matsue, White Plains / NY: 914-463-6258****Jan. 20, 12 pm-Sale****(20th St) St, NY, NY: 312-489-2529**

ERIKA MATSUO, a Japanese-born jazz singer based in NY will release her new CD "True Colors." MATSUO has a warm voice full of love and has an established reputation for her tender songs. To celebrate the CD release, there will be a live show with her quartet featuring Mike Allen on piano and Juncho Stevens on guitar with two stages at 8pm and 10pm at the Jazz at KIDLAND. There will be a \$20 cover charge and \$25 for food and drink minimum per person, per set. **Location:** JAZZ at KIDLAND, 1430 Broadway, 8th Floor, New York, NY 10018. **TEL:** 212-686-0000. www.kidland.com

Event**December 31****Shinto Lectures and Great Pantheism Film: Ceremony****International Shinto Foundation**

Established in 1994, The International Shinto Foundation is a voluntary organization to promote the academic and cultural study of Shinto and to design and stand of Shinto anniversary. On Dec. 31 from 6:30 pm, the Shinto Foundation will hold a lecture on "Progress of IFS NY Center and the new Pantheon: Ceremony." This lecture will be followed by the "Great Pantheism Ritual", and all are welcome to join. Reservation is required for the lecture by Dec. 28. The show will be open to the public for Matsue made on Jan. 1 from 12 am to 2 am.

Location: 200 W. 38th St, 200**(for 34th & 35th St)****New York, NY 10018****TEL: 212-489-6127****info: info@shinto-usa.org****January 5 & 6****Osaka Matsue Matsue Shio Kaji Cooking Demonstration at Matsue Marketplace****Osaka: BAKE (USA), Inc.**

Shio Kaji (Osaka with salt) has created a big boom in Japan lately. Osaka Sake, premier sake brewery. No record a



pre-packaged slow cook making set, Dashi Tendon (Homes-made) Udo Koj Koj, and will hold cooking demonstrations using the Koj set on Jan. 5 and 6 at Mizuwa Marketplace. Grilled chicken marinated in Dashi Homes-made Udo Koj and recipes using similar ingredients and the dashi Koj will be presented and available for sampling. You can experience a new level of deliciousness brought out from usual ingredients through the power of dashi Koj.

Location: Mizuwa Marketplace
995 River Rd
Edgewater, NJ 07020
TEL: 201-943-4103
www.mizuwa.com/english

Info: www.mizuwa.com
TEL: 718-438-7448

Happenings

Signature Playgroup Is Welcome to NYC
NYC NDA (Let's Play in Japanese)



NYC NDA [NYC Nihongo de Anaboku [NYC Let's Play in Japanese]] is bringing their signature playgroup to Williamsburg; immerse your children in the language and culture of Japan through a 45 minute activity-packed class which includes greetings, numbers

and counting, weather, seasonal songs, games, reading, movement with music and open play. Their organized activities teach cultural practices and Mandarin while building vocabulary and making Japanese fun to learn. Winter 2013 session begins from Jan. 15 and classes are from 6:20 to 7:15pm. With proof of registration in the Brooklyn group, NYC NDA will offer a 50% discount for their monthly Saturday playgroup in Manhattan from Jan. through Mar. For full details, contact Tokyo Play Space.

Location: Tokyo Play Space
39 North 4th St., 4th Floor Apt., Brooklyn, NY 11249
TEL: 718-388-3030
www.tokyo-play-space.com
www.tokyo-play-space.com

New Year's Event
Mizuwa Marketplace

Mizuwa Marketplace will offer an eventful start for your new year. They will be open from 10 am until 5 pm New Year's Day with a Seven Tokyo performance during opening. From 11:55 am, Shinsen Traditional lion dance will be performed, followed by a mochi making event at 12 pm. Children can try mochi pounding at the event and customers will enjoy the freshly made mochi in ochazuke (sweet red bean soup) for free. Also, a limit of 100 \$30 takobako (grab-bag) are available for purchase filled with \$160 worth of homemade treats made in Japan. Mizuwa will open daily morning and holiday hours are extended until 9:30 pm from Dec. 22-24. From Dec. 22-Jan. 1, available bus service from Port Authority will operate on a special holiday schedule, running every half hour. The first 100 customers on New Year's Day will receive an earthenware bell, shaped stroke (the symbol of the year 2013).



Location: 995 River Rd, Edgewater, NJ 07020
TEL: 201-943-4103 / www.mizuwa.com/english

Winter Clearance Sale

Brooklyn New York

Located in Longmeadows, Brooklyn New York is having a Winter Clearance Sale beginning Jan. 8 through Jan. 31. Save up to 50% off Brooklyn New York select signature "Tag" 1/2" off. Also and several partners from its flower, perfume & jewelry collections. Also, save up to 75% off other selected lingerie brands.

Location: 211 Brooklyn St.
(off River & Spring St.)
New York, NY 11207
TEL: 312-943-6629

Edgewater, NJ
(off 20th & 28th St.)
New York, NY 10014
TEL: 312-943-6629

100-200 Ave. Suite 80-201
St. Martin (Garden City Mall)
Flushing, NY 11354
TEL: 718-353-7345

www.brooklyn.com

10% off Fabrics for Chopticks NY Readers
BAMBOOTOPIA

Located just below Union Square, BAMBOOTOPIA takes the concept of traditional pitons (skewered chicken) a step further by offering all-natural chicken, beef, pork, and vegetable skewers dipped in a special sauce. Claimed to perfection is a specialized pellet grilling machine, these skewers offer a healthier alternative for both meat and veggie lovers. Until the end of February, Chopticks NY readers will receive 10% off including the lunch menu. Mention Chopticks NY to redeem this offer.



Celebrating Their 60th Anniversary

All Nippon Airways



All Nippon Airways (ANA) has celebrated their 60th anniversary this year on Dec. 1. In commemoration of that day ANA employees gathered at JFK Airport to see all those boarding the morning flight from JFK to

Narita, and handed each passenger a commemorative sticker. At the boarding gate, a banner with messages written and signed by ANA employees was displayed, which was met with the passengers' union. After passengers boarded, ANA held out the banner to be visible from the window of the plane and waved farewell with a smile until they could no longer be seen. With an already high customer satisfaction level, ANA will continue to further improve their customer service in the future.

TEL: 1-800-251-6661
www.fly-ana.com



Yosematsu
Jenken's (9th University St., 2nd Fl. (2nd & 3rd Sts.)
New York, NY 10003
TEL: 212-252-2522
www.jenkens.com

Limited New Year's Special Menu

Yosematsu

Come taste the flavor of Japanese New Year at Yosematsu, an intimate Japanese sake bar. For 5 days, from New Year's Eve Dec. 31 to Jan. 1, Yosematsu will offer special New Year's menus. On New Year's Eve, a Jawsin-saba (saba nochi made with 100% backbone) first-course



including specially selected dishes is offered for \$45 with sake pairing for \$100. From Jan. 1, on Osechi and Omoji Dinner course, including specially selected dishes, is offered for \$70, with sake pairing for \$100. The first 100 customers will receive stickers (gozochi) (given special) from Asakusa's Nagasaki (baked) as a gift. Reservations accepted.
137 Broadway St., 2nd Floor (2nd & 3rd Sts.)
New York, NY 10003
TEL: 212-252-2522
www.yosematsu.com

From "babe" to "babe"

New York Bababab

New York Bababab specializes in teaching babies, popularly known as "the art of drawing the waist." They are now offering a free class (one day, \$20) for Chiropractors NY readers. No experience required, no equipment needed. They will supply students with a practice suit (babe) and a balloon (babe) practice suit. To receive this free class offer, don't forget to mention Chiropractors NY when making a reservation. Call for more details.
Jenken's 208 8th Ave., 2nd Fl. (2nd & 3rd Sts.) N.Y.C.
New York, NY 10011
TEL: 212-475-1108 / www.newyorkbababab.com

January 2-31 Topping Art Contest

Go! Go! Curry

Go! Go! Curry will have an art contest, using curry as the canvas and toppings to draw a picture. Topped your art work in the corresponding store's FACEBOOK, TWITTER and the photo with the most "likes" wins. The contest will be carried out at each location from Jan. 2-31 with results announced Feb. 1 on the official Go! Go! Curry website, FACEBOOK and TWITTER page. A winner from each store will be chosen and awarded with a \$35 gift certificate and presented with a special Go! Go! Curry shirt. Be sure to tell the clerk that you're applying for the art contest when ordering so they can place toppings on a separate dish. There will be an exhibition of the work from all participants Feb. 4-5 at the Times Square flagship store. Please send the photo along with where it was taken by E-mail to the following address: info@go-go-curry.com. Go to website for details.



New York
Creative 207 W. 36th St., 2nd Fl. (2nd & 3rd Sts.)
New York, NY 10018
TEL: 212-252-2522

Washington Square Park Station

Creative 207 Broadway St.
(2nd Fl. 2nd & 3rd Sts.)
New York, NY 10011
TEL: 212-252-2522 / info: www.go-go-curry.com

20% Off with Stylist/Attendant

Great Hair Salon NY M/W



At Great Hair Salon by MMA in SoHo, they wish for customers to enjoy changing hairstyles as easily as changing clothes. They provide a unique combination of hair cut, color and perm with Japanese techniques. Until the end of January, new customers scheduled with the

newly appointed stylist Ms. Atsuko Ota will get 20% off the service menu. With 10 years of experience in NY, she specializes in short hair styles.

**Location: 141 St. Nicholas St., 2nd Floor (2nd & 3rd Sts.)
New York, NY 10012
TEL: 646-412-1111 / 347-412-1112 (Japanese line)
www.great-hair.com**

5 Year Anniversary Discount

Ya Ya Tea Garden

A small, cute cafe located in Chinatown offers a wide variety of freshly brewed teas, Japanese-style snacks, and made-to-order origin rice balls. For those purchasing one each of small origin and large origin will get half off all drinks. Their selection of best selling teas are Peach White, Lychee Green, Passion Black and Chrysanthemum Milk.
Location: 31 Chrystie St., 2nd Floor (2nd & 3rd Sts.)
New York, NY 10002
TEL: 212-254-6612



30% Off for Chiropractors Readers

HAYATO New York



With the concept of "simple and natural hair design", HAYATO New York tries to satisfy their customers by harmonizing the beauty inside and outside of each client while also expressing their individual personalities as much as possible. They are now offering a 30% discount for cut, color and permanent wave for first-time customers who mention Chiropractors NY when making an appointment. This discount is limited to 3 customers per day and is valid until Jan. 31. All discounts apply to cash only. Digital perm & Straightening are not available for discounts.

**Location: 105 E. 2nd St.
(2nd Fl. 2nd & 3rd Sts.)
New York, NY 10002
TEL: 212-475-7570
www.hayato-nyc.com**

Complex Campaign

Edo Hibiscus Center

Edo Hibiscus Center is a holistic healing and relaxation spa that provides apartment massages, located at NYC's Midtown. For visiting couples, a 20-minute total mas-

age course is offered, which includes a 30-minute herbal sauna and a 40-minute full body massage. Regularly priced at \$200, the couple massage offers the package at \$190 total for both people. Offer ends Jan. 31. Take advantage of this great opportunity to help get rid of everyday stress and feel better.



Location: 27 E. 49th St., (bet 5th & Madison Ave.) 2nd fl.
New York, NY 10017
TEL: 212-697-5208 / www.silencer.com

Lectures and Workshops

Kyrya Soho



Kyrya Soho is a gift store specializing in a variety of crafted products and home items from Kyoto. For the first time, Kyrya will offer

Japanese lectures, calligraphy, a course about Japanese painting, sushi art workshops, prepared flower classes, clay art classes and jewelry making lessons. About 2-3 hour lessons and workshops held on weekdays and weekends. For details on how to join, please call or register on the website.

Location: 484 Duane St., (bet. Nassau & Duane St.)
New York, NY 10013
TEL: 212-219-7585
www.kyrya.com

10% Off for Chopsticks NY Customers

Kanzen Takumi

Kanzen Takumi opened up a new location in Midtown East and for their grand opening will offer a 10% discount for customers purchasing Chopsticks NY. Valid one time only through Jan. 31. Kanzen Takumi's original store, on University Place near Union Square, offers a wide menu from sushi to bakes with vegetarian options.



Location: 137 2nd Ave.
 (bet 2nd & 3rd St.)
New York, NY 10003
TEL: 212-477-0557

Sake Making Class

WORLDWIDE-SOBA, INC.

WORLDWIDE-SOBA, INC. is based in NY and has supplied noodles to a number of noodle restaurants like Jin Ramen, Doyu Ramen, Soba Totto, Maruya Totto and Totto Ramen. Joined toward restaurant chefs and industry professionals, the class includes a lecture on the history of soba, varieties of soba, sampling chef's soba, and a hands-on lesson on how to make soba. Those mentioning Chopsticks NY will receive a \$70 discount off participation fee and a secret recipe for dashi soup. The 2.5 hour Soba Making Class costs \$70 for beginners, with intermediate and advanced classes available. Interested participants please email world_wide_soba_ny@earthlink.net



Free Kendo Lesson for Chopsticks NY Readers

Shogakukan



Kendo dogs, Shogakukan, teaches the basic fundamentals that will enable martial art practitioners to continuously

develop their skills and have their spirit for a lifetime of swording practice. They have classes on Kendo specifically geared toward beginners to ease them into advanced practice. Mention the advertisement from Chopsticks NY, and receive one free beginners 15min lesson. The lesson is based on actual practice with similar beginners and taught by advanced, higher ranking instructors. Free class is limited to one per applicant.

Location: 265 Hudson Ave., (between 2nd & 3rd St.)
New York, NY 10014
TEL: 432-4344 / www.kendo.org

50% Off First Acupuncture Session

Valerie Acupuncture

Millions of people have found acupuncture to be a better solution than drugs or surgery. With a 3,000-year history, acupuncture successfully addresses *acupuncture* ailments and eases pain. Licensed acupuncturist, Wilton Valerie L.Ac., is now offering 50% off for the first acupuncture session (Reg. \$70) including consultation and treatment (50 min in total) only for new customers that mention the ad in Chopsticks NY. Valid thru Jan. 31.



Location: Rutherford Medical Group
 303 2nd Ave., (bet. 17th & 18th St.) 2nd Fl. New York, NY 10003
TEL: 646-622-0490
www.valerieacupuncture.com



Strategy to Invest in Japanese Real Estate Seminar

Sumitomo Realty and Development



Sumitomo Realty and Development held a seminar about real estate investment in Japan on Dec. 12 at Manhattan's InterContinental New York Barclay Hotel. Participants attended the 40-minute lecture with a subsequent question and answer session, followed by individual consultation. The lecture was prepared with easy-to-understand slides with information such as the stability in price of Japanese real estate compared

to New York real estate, the popular areas in central Tokyo, buying properties, the procedure of purchasing real estate in Japan, description of the tax, and then specific individual property was introduced. Also, for foreigners taking out a loan in Japan, the bank that can be used was also introduced. Questions from participants included earthquake countermeasures, such as the extent of earthquake resistance of recently built apartments in Japan, and the explanation of the allocation of earthquake insurance. Every month Sumitomo Realty and Development holds an open seminar of similar content in the New York area. Individual consultation is also available. Call for details.

Location: 100 W. 42nd St., (bet. 4th Ave. & Broadway), 10th fl.
New York, NY 10036
TEL: 212-512-8025 / <http://sumitomo-re.com>

VOL.
7

The Truth About Asian Hair

New York is a diverse city, and at the HAYATO New York salon each stylist caters to different hair types depending on the customer's ethnicity: Caucasian, Latino, African American, Asian, etc. With extensive knowledge about Asian hair type, its stylists often rescue their customers' damaged hair and are aware of some common myths about Asian hair that are not always true. Here Ed of HAYATO New York demystifies common myths about Asian hair.

MYTH 1 Asian's black, straight hair is strong?

Asian hair is shiny, thick, black and generally straight, so many people think that it's stronger than other hair such as blonde, brunettes and red. However, Asian hair is actually the most prone to damage and susceptible to chemical hair solutions. I've heard a lot of horrible stories about hair troubles from my customers, such as undesired styles and colors as well as unwanted hair damage after perming or coloring. But mostly these troubles are caused by the fact that they were treated by stylists who didn't understand the features of Asian hair. Perm solutions for Caucasian hair do not work for Asian hair, and vice versa. Since the stylists at

HAYATO are all Japanese, we fully understand how unique Asian hair is and are able to create the styles that customers desire and give appropriate advice regarding their hair damage.



ED

MYTH 2 Coloring Asian hair can be done in the same way as other hair?

It is not only the degree of susceptibility to chemicals, but also the color component of Asian hair that makes it different from others. Although Asian hair looks black, the majority of its color component is red. So we use color solution types that reduce the redness. On the other hand, the main color component of Caucasian hair is ash. So color solutions for Asian hair don't work for Caucasians and vice versa. Also, as mentioned earlier, Asian hair is more delicate than other types. As a result, Asians should avoid salons that don't have knowledge regarding Asian hair, otherwise it will be a disaster.

MYTH 3 Gray cover is the best way to hide white hair?

Since Asian hair is dark and each hair is thick, white hair stands out once it comes in. Many Asian customers want to do a gray cover, but they need to retouch it once every 8 weeks. So I don't really recommend gray cover if people have only a few white hairs. I suggest that those with limited white hair either color their hair with a lighter, single color or put in highlights. The color does not dye the white

hair, but once your hair looks lighter the white hair isn't as visible. Single color only needs to be retouched once every 4 months so it's more cost effective as well. Also, don't pull out your white hair. If you continue doing this, the root of the hair dies and it ultimately leads to hair loss.

Bottom Line: A Healthy Scalp is Everything

According to Ed, keeping your scalp healthy is the key to healthy hair. Healthy scalp means less damage and better hair loss and white hair growth. The best way to having a healthy scalp is to maintain its cleanliness. There are many people who don't know the right way to clean their scalp. Follow the correct shampooing technique: lathered before. After shampooing, the scalp is sensitive to promote blood circulation. In Japan, "head spa" is a very popular shampoo and massage treatment that makes the scalp clean and healthy, and this is offered at HAYATO (\$20 for 15mins, \$30 for 30mins).

Right Shampooing Technique

1. First wash your hair.
2. Wash your hair without using shampoo. When doing so, don't use your nails, just use your fingers while gently massaging your scalp. At this point, about 70% of the dirt is removed.
3. Take about a sports-sized amount of shampoo and wash your hair with it gently massaging your scalp with your fingers.
4. Rinse well. Leaving any kind of shampoo residue will block pores so should be avoided.
5. Dryness multiplied by dryness produces a more serious scalp so scalp is wet.

Top Quality Hair Service for 20 Years

Launched by Hayato Tanaka 20 years ago, HAYATO New York has aimed to be an anchor as the headquarters of a salon chain that has branches in Tokyo and London. HAYATO New York's experienced stylists, who have mastered traditional hair techniques and detailed Japanese "omotenashi" service sense, cater to every New Yorker. The salon is not only a place that provides hair service, but it also functions as a shopping store for young hair stylists to move up in their careers. The salon has been home to a number of excellent stylists who have achieved international attention.



Currently there are now Japanese stylists working at HAYATO New York who offer their specialties. Each stylist has higher end unique style making the salons service quality more versatile and stronger. All of the stylists are trained to conduct a 10-minute complimentary massage, and this also encourages every customer to come back.

30% OFF

During the month of January, HAYATO New York is offering 30% off on our color and regular perms, for first time customers (2 people per dy). Mention Checkbook NY when making an appointment. (Discounts are cash only, and can not be duplicated.)

HAYATO

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